

# Central West *Leader*



**Pioneers accolade**  
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**Alpha gets better**  
**SPORT**

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## Mental health support

“Often due to a lack of access to services, isolation, and mental health literacy many don’t have the understanding of the challenges in mental health people have in outback communities,” said Outback Futures CEO Brent Sweeney.

Outback Futures has been delivering mental health services to rural and remote

communities for over 10 years, and while Governmental support has improved, Mr Sweeney believes there is still much to be achieved.

“We take an intergenerational approach to mental health and well-being,” he said.

**STORY PAGE 5**

## Spike in Covid cases

The Central West has experienced a spike in Covid-19 case numbers over the past week.

We believe the increase in numbers resulted from a number of public or social gatherings held across the region last week.

With Covid-19 still prevalent in the Central West and across Queensland, and the

virus continuing to mutate, it is important people remain vigilant and responsive by staying home when sick, washing their hands regularly, keeping their distance from others where possible, and wearing a face mask when they can’t.

**STORY PAGE 6**



## Upset of the season

The Barcaldine Sandgoannas, currently running second last on the ladder, upset last year’s grand finalists at home this weekend.

**STORY PAGE 32**

The Sandgoannas gather in a team huddle.  
Picture: AARON SKINN; SATISFACTION

# Hip pocket pain

By Michael R Williams

After a survey conducted on the streets of Longreach, more than two-thirds of locals claimed they had been “strongly” or “decently” affected by current cost of living pressures.

Most who had said they had been “strong-

ly” affected were small business owners and they stated the cost of freight had been the largest challenge they have faced over recent weeks.

Outback Pioneers founder Richard Kinnon said fuel for his tour bus that travels to

Winton had gone up from \$350 to \$580, with other business owners stating freight costs had nearly quadrupled.

Gidgee Tree owner Kym Webb said recent council’s rate hikes had been an extra kick in the shins.

“We pay more than the southeast corner now,” she said.

“It’s really hard for people paying increased rent in the west, increased electricity, and now increased rates.”

**STORY PAGE 3**

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The editor's desk

Another major flood has occurred for our southern cousins, and I think a lot of us can feel grateful that we're - relatively - dry.

I think the recent bombardment of natural disasters should make us stop and reflect.

A lot of the infrastructure we depend on can be taken away in an instant.

Now may be the time to start considering how you can help your neighbour—we may be looking challenging times economically.

Are you volunteering?

What are some of the small things you can do to help—or, if you need help, how can you reach out?

If you have spare money and are looking to donate, here's a link: <https://www.nsw.gov.au/floods/financial-support/donations>

- Michael R Williams



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Rural life advocate

By Khrysti Balanay

Laura Rutherford is passionate about her community and is already a strong advocate for women in rural areas.

Based in Marmor, Laura's efforts have been recognised with her receiving the Queensland's Rural Regional Remote Women's Network, Young Woman of the Year.

"I was actually in Sarina because I had the CQ SubChamber Showgirl finals, so mum and I were in a hotel room and participating via zoom," she said.

"There were two finalists in the young women's division with the other girl from Tambo. I remember rushing to turn my camera on when I heard my name called.

"Mum rushed to call dad, who is currently working FIFO in Western Australia; we were all excited."

Laura didn't think she would be the winner of the Young Woman of the Year, saying, "there are a lot of young regional or remote women doing amazing things."

"I care about my community, so I like to put my hand up," she said.

"But there are women in every rural town who does this; I'm not special.

"They don't do it for the accolades, but we should find a way to recognise them and all they do."

Outside of her studies as a Bachelor of Physiotherapy student at CQUniversity, Laura is a volunteer firefighter and emergency services responder.

She is also kept busy as a passionate pole fitness instructor and currently does strapping and injuring management with the Capras.

"I also founded The Rural Conversation, a social media platform to advocate for rural and remote Australian businesses, education, telecommunications and health care.

"At university, I was told I was too smart and pretty to be from the bush, which is not how it works, so I thought if social media is where



Laura Rutherford (left) has recently been named as Queensland's Rural Regional Remote Women's Network, Young Woman of the Year.

people are getting misinformation, I will start there.

"I wanted to say people from regional areas are just as smart and capable, except they don't have as many resources."

Laura also participates in multiple panels however has recently been invited onto the Queensland Disability Advisory Council as a woman in a regional area living with a disability.

"I was diagnosed with ADHD at 23 and had to learn how to deal with it as an adult," she said.

"Now I work for ADHD advocacy because many people tell me, 'it's not too bad you just can't sit still, right?'

"So I want to raise awareness and work in ADHD coaching for people, particularly in regional areas."

Laura acknowledges there are a lot of challenges for people living in regional areas; how-



Laura volunteers a lot of her time but also works as an instructor at Rockhampton PhysiPole Studios.

ever, she says she loved how she grew up.

"We are always helping each other out and looking out for one another," she said.

"But wouldn't it be fantastic if the next generation didn't have to go through what I went through.

"And that is what I am working towards."

VOX POP  
WE TAKE IT TO  
THE STREETS

What is your favourite breakfast food?



Ebonie Weldon said her favourite breakfast food was acai bowls.



For Charlee Ironside, it's scrambled eggs.



Apryl Hoad said it had to be the "classic" eggs benny.



Here are the staff at Casey's. Casey Owens loves her special savoury muffins, Tori Appleby said she loves coco pops, and Amelia Anderson loves bacon and eggs.



Clint Fisher loves bacon and eggs.



Jess How is a bacon and eggs fan, while James Butler is fond of an omelette.



Sophia Walker is a huge fan of waffles.



# Cost of living pain bites

By Michael R Williams

After a survey conducted on the streets of Longreach, more than two-thirds of locals claimed they had been “strongly” or “decently” affected by current cost of living pressures.

Most who had said they had been “strongly” affected were small business owners and they stated the cost of freight had been the largest challenge they have faced over recent weeks.

Outback Pioneers founder Richard Kinnon said fuel for his tour bus that travels to Winton had gone up from \$350 to \$580, with other business owners stating freight costs had nearly quadrupled.

Gidgee Tree owner Kym Webb said recent council’s rate hikes had been an extra kick in the shins.

“We pay more than the southeast corner now,” she said.

“It’s really hard for people paying increased rent in the west, increased electricity, and now increased rates.” Mr Kinnon said prices had been astronomical.

“Steve can’t put as many vegetables in his meals anymore because he just can’t afford it,” he said.

Another grouping of people who said they had been strongly affected were low-income earners as Simstock Rural Agencies owner-operator Richard Simpson said.

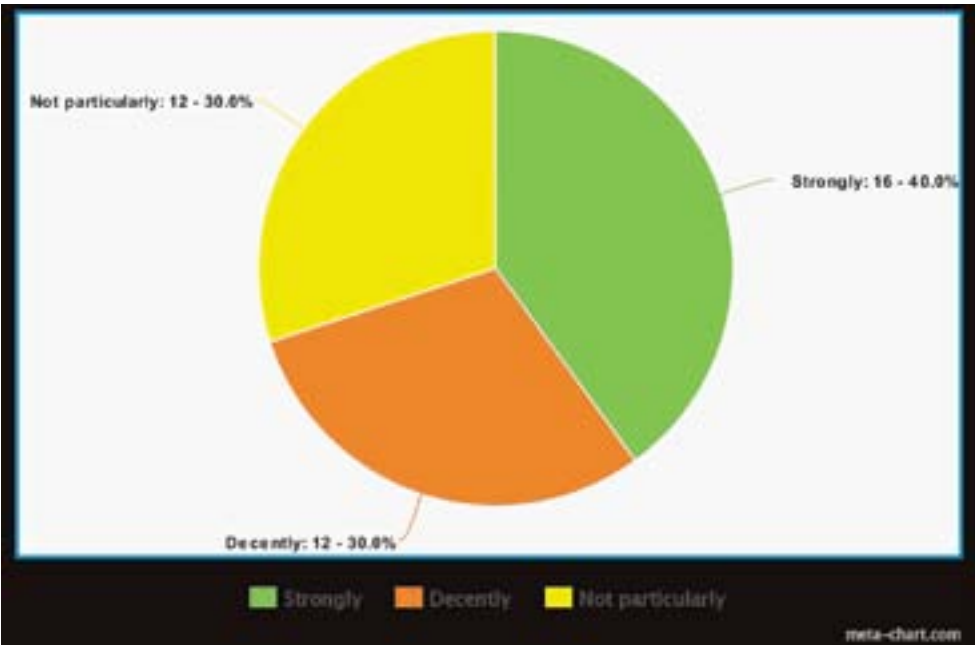
“Going forward it will be a huge struggle for wage earners in the outback,” he said

“Because of the isolation and subsequent unavoidable fuel prices and cost of freight from the eastern seaboard, things will get tough.

“The last time this occurred, the Government had to establish a rebate for those who live rurally.”

What is worth noting, is still a third of people surveyed had not particularly been affected.

Often these were high earning-wage workers or people who did not often need the use of motor vehicles; many in this category stated “I do feel it is coming, however”.



## Outback Pioneers recognised on a global scale

Outback Pioneerst has been recognized by the tourism website, Tripadvisor as a 2022 Travellers’ Choice award winner for Experiences.

The award celebrates businesses that have received great traveller reviews from travellers around the globe on Tripadvisor over the last 12 months. As challenging as the past year was, Outback Pioneers stood out by consistently delivering positive experiences to travellers

“The Tripadvisor Travellers’ Choice Award for 2022 is an inspiring award for Outback Pioneers to receive,” said Richard Kinnon, Outback Pioneers Founder.

“Creating immersive pioneering experiences for the enjoyment of guests is our passion.

“To be recognised by our guests is heartwarming for me, my family and my staff.”

Kanika Soni, Chief Commercial Officer at Tripadvisor congratulated Mr Kinnon on a job well done.

“The Travelers’ Choice Awards recognize the best in tourism and hospitality, according to those who matter most: your guests,” he said.

“Ranking among the Travellers’ Choice winners is always tough—but never more so than this year as we emerge from the pandemic.

“Whether it’s using new technology, implementing safety measures, or hiring outstanding staff, I’m impressed by the steps you’ve taken to meet travelers’ new demands. You’ve adapted brilliantly in the face of adversity.”

Chris Howlett, Zoe Bartch, Founder Richard Kinnon, Clint Kenyon, Angus Dagan, Hayden Sanford, Isla Dagan, and Summer Sanford.



## Doctors under the pump

Recent studies have shown general practices across Queensland have seen a notable increase in patient numbers during the Covid pandemic from March 2019 to March 2022.

The stats showed: an 11.5 per cent increase in chronic disease management, a 10.6 per cent increase in mental health care, and a 4.8 per cent increase in health assessments.

This increase in services has taken place while GPs, ACCHOs and GP Respiratory Clinics administered more than 5.3 million doses of Covid-19 vaccines in Queensland from February 2021 to March 2022.

GPs, ACCHOs, and GP Respiratory Clinics continue to deliver Covid-19 vaccinations on a day-to-day basis, while also stepping up to deliver influenza vaccinations this winter.

Northern Queensland PHN (NQPHN) Chief Executive Officer Robin Whyte said GPs and practice staff, along with Indigenous health workers, have all played a critical role during the Covid-19 pandemic response.

“These latest figures acknowledge the leadership role taken, and volume of activity delivered, by general practices and ACCHOs during the pandemic,” Ms Whyte said. “GPs, and practice staff such as managers, nurses, and receptionists, as well as Indigenous health workers, have been nothing short of inspirational. “The way they have responded to the demands of the pandemic, doing their job in a really professional way, while also managing an increase in ‘business as usual’ services, has provided a pillar of strength for our communities.”

NQPHN Clinical Council Chair and General Practitioner Dr Konrad Kangru said that general practice had adapted during the pandemic to ensure continuity of service for its patients.

“We’ve had to be agile and responsive to changes, managing increasing demand by opening after hours and on weekends and, when necessary, utilising telehealth where clinically appropriate and not just diverting resources,” Dr Kangru said.

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# Getting up, standing up...

Central West Hospital and Health Service is encouraging Central West residents to celebrate NAIDOC Week across the region with a range of events planned in participation with several organisations.

NAIDOC Week this year falls between 3–10 July and has the theme - Get up! Stand up! Show up!

Central West Health executive director of Aboriginal and Torres Strait Islander Health Dan Carter said this year's theme urged all Australians to support and secure institutional, structural, collaborative, and cooperative reforms.

“You can show your support for justice and equal rights by supporting your local First Nations communities through activities and events held across the state,” Mr Carter said.

“This is a time for all Australians to learn about and celebrate the rich history and culture of our First Nations peoples and amplify their voices to continue in the fight for change.

“This year's theme also calls for celebration of the many who have driven and led change in our communities over generations—they have been the heroes and champions of change, equal rights and even basic human rights.

“It means that the culture and values of Aboriginal peoples and Torres Strait Islanders are respected equally to the cultures and values of all Australians.”

Mr Carter said Central West Health was participating in several activities across the region in partnership with Central Queensland Indigenous Development, Red Ridge the Label, Longreach Regional Council, Anglicare, LATSIC and RESQ Plus Pty Ltd.

Mr Carter said Central West residents and schools also could get involved in NAIDOC Week by organising their own events.

“For instance, you could post NAIDOC and other First Nations posters around your classroom or workplace,” he said.

“Or you could research the traditional Indigenous owners in your area, study Aboriginal and Torres Strait Islander arts and crafts or hold a flag-raising ceremony.

“You could invite local Aboriginal Elders to speak or give a Welcome to Country at your school or workplace, invite Aboriginal or Torres Strait Islander dancers to perform or learn the meanings of local Aboriginal place names and words.

“You could also run an art competition for your school, community or workplace.

“The options are endless, and I encourage everyone to get involved where they can.”

Mr Carter said NAIDOC Week provided an opportunity for all Australians to join and recognise the outstanding achievements of Aboriginal and Torres Strait Islander peoples and the valuable contributions they continued to make to the region, the state and the country.



Myrtle Weldon said NAIDOC was about everyone working together. Joyce Crombie said it was about walking and talking and enjoying NAIDOC 2022. Norma Brown said she was happy to be with her friends.



Sue Bardon said NAIDOC week was about recognition and respect. Abbey Freeman said it was about culturally appropriate celebrations.



Cathy Wegner said the event was about people coming together, while Alison Frost said it was about sharing knowledge and culture.



Atlantis Jones said NAIDOC week was about acknowledging indigenous culture, Julie Heithead said it was about learning and meeting local indigenous people. Colin Tidswell said it was a celebration of culture.



Dan Carter said the week was about celebrating the achievements of Aboriginal and Torres Strait Islander people and community coming together. Hayley Curran said it was about learning. Finally, Caitlin Duffie said it was about visibility and recognition of achievement; a time to celebrate.



Josh Macguire said it was about paying respect and gaining a better understanding. Harry Pitt said it was about reflecting on family, community, and culture.



# Support for mental health

By Michael R Williams

“Often due to a lack of access to services, isolation, and mental health literacy many don’t have the understanding of the challenges in mental health people have in outback communities,” said Outback Futures CEO Brent Sweeney.

Outback Futures has been delivering mental health services to rural and remote communities for over 10 years, and while Governmental support has improved, Mr Sweeney believes there is still much to be achieved.

“We take an intergenerational approach to mental health and well-being,” he said.

“We work with young people, particularly with the view of setting up their life for success and wellbeing in the long term.

“That’s instead of waiting for people to be stuck with depression, anxiety, or other mental health challenges—we want to get on the front foot and help build community capacity to deal with those challenges.

“More specifically, Outback Futures often lobbies for infrastructural improvements for communities, such as roads; poor infrastructure can often lead to greater feelings of isolationism.”

Mr Sweeney said his team’s work was centred around long-term solutions.

“Whilst we do mental health service deliveries - we have psychologists and counsellors and other allied health professionals such as speech therapists, occupational therapists - we noticed that to change the dial on these challenges, it will be a 10 or a 20-year project,” he said.

“It’s not just about having a reactive service.

“For it to work you need to have the support for the people now - counselling etc - but you’ve also got to have a plan to help families and communities to put these pieces in place so there will be fewer issues down the track.”

Mr Sweeney said there had been large gains in the past decade, particularly in the bush where, he said, there has been a reluctance to seek help in the past.

“I think there is a willingness to have the conversation more now than before,” he said.

“But there is still work to be done in that space—still some enormous challenges in building thriving communities in the bush.”

He said governmental investment has been welcome, but often solutions can be very city-centric.

“There is a failure to recognise that there can be a three-hour drive for someone to get to one of our centres,” he said.

“That’s just not going to be a reality for some people.

“There are some systemic and structural problems with the way it’s funded and supported.

“We always want to highlight there are some great people and great organisations out there doing some great work.

“But if you look at the big picture on how we want to tackle this in the long term, we need a change in government policy around who and how people can access that support.”

While more has been done for people living in rural areas in terms of mental health, many new challenges have arisen of the past few years; Mr Sweeney noted the speed of life.

“I’m a city person - I grew up rurally and live in the city - and the perception of the bush is that there’s more time, people will stop and chat with their neighbours, it’s more relaxed and people look out for each other,” he said.

“And that’s true—particularly during times of crises; but the reality is now, people are running businesses, and they’re working hard, they’re doing big hours.

“I think that sense of connection and bush spirit can wane.

“I think those themes around mateship and community were more automatic historically, what worries me now, is that communities have to be much more intentional.”

These effects have taken place due to a number of reasons according to Mr Sweeney.

“Where community bonding was once necessary for survival, it’s not as prevalent as what it was 40 or 50 years ago,” he said.

“Some of those things that drive a sense of community such as the sporting events, and there are still some of those things around.

“There’s not the volume of it—some of them are almost non-existent.

“We genuinely believe that 80 per cent of mental health problems can be dealt with around connections and great relationships.

“There’s still that need for therapy, but the connection to the community is also important.”

If you or someone you know are experiencing mental health issues that require immediate support please contact Lifeline on 13 11 14

## The coming together of Two Grand Ladies

By Nelly Blair

Tuesday saw the meeting in Longreach of two Grand Ladies who have had remarkable lives.

The first, “The Pride of the Murray” came into existence in 1924 when it was built as a barge to carry timber on the Murray River.

Having had a long working career, it was eventually abandoned on the banks of the Murray at Echuca and gradually sank into the silt in the river.

There it lay until resurrected in May 1973 by Captain Maxwell Carrington and essentially rebuilt.

It was converted into a diesel/electric paddle steamer and served as a tourist boat there for many years.

It was recently purchased by Kinnon and Co, who undertook the almost unbelievable task of transporting it by road from Echuca to Longreach where it now proudly carries tourists on the Thompson River as the “Pride of the Murray”.

The second Grand Lady, Mrs Kate Deane, who is one year younger than the “Pride of the Murray”, had the opportunity to ride on the paddle steamer last night.

Kate has lived all her life in the Muttaborra/Longreach area and is a well-known and respected identity.

She comes from the Edkins family who has held extensive land areas throughout the district since the mid-1800s.



Kate Deane and her daughter, Dr. Nelly Blair from Armidale, NSW about to board the “Pride of the Murray”

Kate has served many roles in the Longreach community over a long period.

Her most notable contribution has been

as the first female President of a Jockey Club in Queensland and is now Patron of the Longreach Jockey Club.

Kate greatly enjoyed her meeting with the “Pride” and said it was a pity that it took so long for them to meet each other.

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Friday, 8 July, 2022 **TODAY 5**



# If you’re sick, stay home

By Christopher Sullivan\*

The Central West has experienced a spike in Covid-19 case numbers over the past week.

We believe the increase in numbers resulted from a number of public or social gatherings held across the region last week.

With Covid-19 still prevalent in the Central West and across Queensland, and the virus continuing to mutate, it is important people remain vigilant and responsive by staying home when sick, washing their hands regularly, keeping their distance from others where possible, and wearing a face mask when they can't.

These measures, combined with remaining up to date with your Covid-19 and influenza vaccinations, can minimise the spread of these viruses and reduce the risk of serious illness.

Seven new cases of Covid-19 have been reported in the Central West over the past 24 hours.

Allowing for cases discharged after completing isolation, the total number of active cases currently in the region is 47.

Two cases are currently hospitalised.

All remaining active cases are receiving care in the Virtual Ward.

No further details will be provided due to confidentiality.

To date, accounting for those who have been discharged from quarantine, the Central

West HHS has recorded 937 cases of COVID-19 since the first case on 22 December.

With our Covid-19 vaccination rates amongst the highest in the state and fewer people requiring vaccination, Central West Health is returning to business as usual from this week.

As a result, our centralised Covid-19 vaccination booking call centre on 1800 953 703 is now no longer functioning and staff are returning to normal duties.

However, we are continuing to offer vaccinations to all who need them, and bookings can continue to be made through your local multipurpose health service or primary health centre.

**A full list of telephone numbers for our health facilities is available at:**

- <https://www.health.qld.gov.au/centralwest/menu/locations-and-services/nearestfacility>

COVID-19 and influenza vaccinations also are being offered through the Blackall, Winton and Longreach general practices.

- Phone the Blackall General Practice on 4657 8200 during business hours to discuss your nurse-led vaccination appointment.
- Phone the Winton Medical Practice on 4657 2755 during business hours to book.
- Phone Longreach Family Medical Practice on 4658 3866 during business hours to book.

Some private pharmacies in the Central West also offer Covid-19, as well as influenza vaccinations.

At Aramac, please contact the Cookaburra Pharmacy on 0474 230 171.

Following national recommendations, a third booster dose of Pfizer has now been approved for young people aged 12-15 years who are immuno-compromised, have disabilities with significant health needs or who have complex conditions that put them at severe risk of Covid.

The fourth dose of Covid-19 vaccine—either Pfizer or Moderna – already is recommended nationally to increase protection for adults aged 65 years and older, Aboriginal and Torres Strait Islander people aged 50 years and older, residents of aged care or disability care facilities, and people aged 16 years and older who are severely immune-compromised or have complex medical conditions that put them at severe risk of Covid.

This also includes people who need medication to manage their diabetes and other chronic health conditions.

While our first and second dose Covid-19 vaccination rates are excellent, we also have a very high booster (third dose) rate of 72 per cent.

However, we are noticing a much slower turnout for the fourth dose for vulnerable groups.

We urge people for whom the fourth dose is recommended to come and have it for maximal protection.

We are also keen to see far more people take up this year's seasonal influenza vaccination. Queensland's Chief Health Officer has warned that we should treat influenza-like Covid-19.

We, therefore, need our communities to turn out like they did for the Covid-19 vaccination and have their influenza vaccinations as soon as possible.

Influenza vaccination is recommended for all people aged six months or older.

Up to 3 July, the latest available statistics, the Central West has recorded 84 cases of laboratory-confirmed influenza and we have had eight people hospitalised to date.

Vaccination remains our best protection against both the Covid virus and the influenza virus.

You need to be vaccinated every year to keep yourself protected because influenza strains change annually, and you will not be immune to these new strains which are covered in this year's vaccine.

It's just a few minutes of your time and it saves you from the risk of possibly becoming very sick if you catch the flu.

*\*Christopher Sullivan is Central West Hospital and Health Service chief executive.*

## Old Aramac and Alpha hospital history preserved

By Central West Hospital and Health Service

Scale models of the old Aramac and Alpha hospitals and associated buildings will be built and made available for the local communities to access and view.

Central West Hospital and Health Service Chief Executive Chris Sullivan said the health service recognised the deep sense of connection and history the old health facilities brought to their communities.

“That’s why we decided to commission these models to memorialise the old hospitals once it became evident that preserving the old buildings was impossible due to numerous structural issues identified by extensive independent and engineering reports,” he said.

The old Aramac hospital was replaced by a new \$4.1 million primary health centre in April 2018, while the old Alpha Hospital was replaced by a new \$17.5 million multipurpose health service facility in June 2016.

“Although most of the old Alpha Hospital buildings were structurally beyond economical repair, we saved the former doctor’s house, which is now the Director of Nursing accommodation,” Mr Sullivan said.

“We were also able to donate the original outdoor skillion to the Alpha Community Jockey Club.

“At Aramac, and at the request of the community, a memorial pavilion was erected at the new Aramac PHC to commemorate former Matron Winifred Stamp.

“The health service also moved features of the old Aramac complex, including the Brolga sculpture and pavers, to the new site and features of the old Alpha complex, including the ‘Aphrodite Greek Goddess’ water fountain statue, to the new Alpha site.

“But we also promised both the Alpha and Aramac communities we would look at other ways of memorialising the old health facilities, which is what we are doing with the commissioning of scale models of each hospital.”

Mr Sullivan said Central West Health had engaged architectural designer Momake Models to create diorama scale models of both the old Aramac and Alpha hospitals and buildings.

“Momake Models will use high-definition site images to create the scale models, which will then be made available for permanent display in each community,” he said.

“We are also working closely with Barcaldine Regional Council to identify safe and practical locations for each display once the models are completed in the coming months.



Preliminary artist's impression of the model being built of the old Aramac Hospital nurses's quarters. The completed item will be a fully detailed scale model.

“While display details are still to be finalised for the Alpha model, we have agreed the completed Aramac model will be installed at the Aramac Library (Ollie Landers Community Library).

“We expect the Aramac model will be the first to be finished in October this year, followed by Alpha sometime after.”

The Aramac and Alpha communities will be advised when the models are completed and placed on display and opening ceremonies are arranged.

For background, a series of professional and independent surveys and reports that were received last year identified multiple defects in the old Aramac and Alpha hospital

buildings, as well as the presence of very significant levels of asbestos and other hazardous materials.

The results of the reports were presented to community consultation sessions at Aramac and Alpha, which were attended by numerous stakeholders, including community members, advisory networks, and the Barcaldine Regional Council.

All options, including local government acquisition, repurposing, and moving were analysed and discussed during the community consultation sessions.

However, the financial costs to the health service and ongoing costs to the local community to retain and preserve the old hos-

pital buildings were deemed too great and unsustainable. Stakeholders attending the consultation sessions at both Aramac and Alpha supported the scheduling of the safe demolition of the old buildings and removal of associated hazardous materials.

Q-Build is managing the safe demolition of the old health facility buildings and removal of hazardous materials at both Alpha and Aramac on behalf of Queensland Health, with contractual discussions with sub-contractors currently being finalised to allow work to start.

In the interim, the buildings are being managed and maintained in line with Queensland Government safety and security regulations.





Kyle Jones (back) with his team at Longreach Toyota, they would like to thank Christo Jacobie for his 15 years of service.

# Toyota's new recruit

**By Michael R Williams**

Former local boy Kyle Jones has returned to Longreach as the new branch manager of Longreach Toyota.

Outgoing manager Christo Jacobie employed Kyle in 2007 as a parts interpreter.

Kyle stayed with the Longreach Dealership until December 2013, to which he then took an opportunity to become a Parts Manager with another Black Toyota Dealership in Oakey.

Kyle said he was thankful for Mr Jacobie's help and support as it provided him with a strong platform to progress in his career.

He was also thankful for the 15 years of hard work Christo put into the Longreach Dealership and community.

This year, however, Christo made the decision to take his career in another direction by taking a branch manager's role in a different industry.

Leaving an opportunity for Mr Jones to re-

turn Home as branch manager of Longreach Toyota.

"Within five weeks, I packed my family up, - I have a wife and two young kids - put a house on the market and bought a house here.

"I'm big on local support and supporting locals, we want to provide the best customer service.

"I want this to be the best place to bring your Toyota, "We'll support other local businesses where we can."

## Bouncing back

Both the State and Federal Governments have committed to providing a further \$170 million to public infrastructure in Queensland to help "build back" after the 2021-22 disaster season.

Federal Minister for Emergency Management, Senator the Hon Murray Watt said the funding was made available through the jointly-funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA) and that councils from all over Queensland would benefit from stronger infrastructure.

"This \$170 million available in Betterment funding is the largest ever made available in a single disaster season in Queensland with \$150 million directly targeting local government areas seeking to build back better following the extraordinary flooding events of 2021-22," Minister Watt said

"From Cook in the north to Diamantina in the west, through to the Gold Coast in the south, natural disasters have impacted Queensland communities in all corners of the state in 2021-22 and now they have the opportunity to build damaged infrastructure back better," Minister Watt said.

"The Betterment Fund will increase the resilience of vulnerable assets, helping communities maintain their connectedness and reduce hardship during and after disaster events in the future.

"The funding will allow applicable councils and state agencies to improve key assets such as causeways, culverts, roads and bridges to better withstand the impacts of natural disasters."

## Trade deal

Strong climate policy can help deliver Australian farmers a great trade deal with the EU, Farmers for Climate Action CEO Dr Fiona Davis said.

"Australia's beef, lamb and dairy farmers will directly benefit from such a deal," she said.

"EU Trade Commissioner Valdis Dombrovskis has now clearly stated climate change targets will be part of any trade deal between Australia and the EU. The EU has much more ambitious climate targets than Australia—55 per cent below 1990 levels by 2030.

"The EU Trade Commissioner has also made it clear that Australia's farmers may face trade sanctions if Australia does not catch up on climate. The EU and other markets have warned of a carbon border tariff on Australia unless we catch up on climate and now this is becoming reality.

"Let's not miss the opportunity to seal a great trade deal for our farmers by pushing deep emissions reductions this decade. Strong climate policy creates strong regional economies and tens of thousands of regional jobs.

"The farmers who grow our food do not deserve to be punished for the emissions of the energy and transport sectors.

"Farmers have been waiting for better access to the huge EU market for years. We want bigger quotas for our beef, lamb and dairy farmers."

## Correction

In last week's edition of the Leader, we ran a story on the history of Barcaldine Downs.

In that story it was said the station had been settled by Cameron/ Crosbie, when in fact it was settled by Cameron/ Crombie.

We at the Leader would like to correct that mistake and apologise for the error.

## Blackall-Tambo budget statement

Blackall-Tambo Regional councillors approved the budget for 2022-23 at a special meeting recently.

Mayor Andrew Martin, said council was pleased to present a balanced budget which would approve an expenditure of \$40.3 million over the 2022-23 period for operational, capital works and services throughout the region.

Council voted for an increase of four per cent in general rates and service charges including water, sewerage and cleansing.

Council has also approved the clearance

of all debts.

Council has provided for two discount periods upon issuing of relevant rate notices.

A 15 per cent discount applies if payment is received by council within 30 days after the issue of rates and a 7.5 per cent discount for the second discount period if payment is received within 45 days after the issue date.

The remission of general rates and services for eligible pensioners remains unchanged.

The capital works program of \$8 million


includes renewal and upgrade of community and economic infrastructure, town and rural road works and an internal plant replacement program.

Councillor Martin concluded by stating that the current Council will continue to manage assets, improve efficiencies, to continue to create a liveable community now and into the future, noting the strongest financial position for Blackall-Tambo Regional Council in more than a decade.

The budget documents will be published on Council's website.

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# What's on

## Longreach, Central West community events billboard

JULY

Friday, 8 July

Croquet

Contact: Jean Williams on 07 4651 2354.

Location: Oak Street, Barcaldine

Time: 8am

First Five Forever

An interactive educational experience for children learning to read.

Location: Longreach Library

Time: 9.30am

Saturday, 9 July

Alpha Brumbies Ladies Day

Alpha Fillies vs Barcy/Longreach and Alpha Brumbies vs Barcaldine Sandgoannas.

Location: Alpha Showgrounds

Time: 2pm

Barcaldine Lawn Bowls

Contact: Jack Power on 0429 988 654.

Location: 72 Gidyea St

Time: 3pm

Wool Spinning

Come get artsy.

Location: Longreach Arts and Crafts Centre

Time: Afternoons

Park Run, Longreach

A free, weekly, timed 5k event every Saturday morning.

Everyone is welcome to walk, jog, run or volunteer!

Location: Meet at Beersheba Place

Time: 7 am

Morning Golf, Longreach

For more information email longreachgolf@gmail.com

Goose Club and RSL members Draw

For more information call (07) 4658 1092

Location: Longreach RSL

Time: 1 pm

Sunday, 10 July

Miniature Train Rides

Train Rides \$1/Family Day Pass \$10. Covered shoes must be worn for train rides.

Location: Barcaldine and District Historical Museum

Time: 9.30am

Muttaborra Golf Club

Contact: Beau Gray on 0429 474 261.

Location: Muttaborra Golf Club

Time: 8.30am

Barcaldine Lawn Bowls

Contact: Jack Power on 0429 988 654.

Location: 72 Gidyea St

Time: 9am

Barcaldine Golf

Contact: Michael Hayward.

Location: Barcaldine Golf Course, Pine Road

Time: 3pm

Longreach Town Band Mixed Ensemble Rehearsals

Location: Longreach State School.

Time: 4pm

Social Bowls

For more information please visit Facebook, Longreach Bowls Club

Location: Longreach Bowls Club

Time: 1 pm

Monday, 11 July

School Holiday Activities

Come along to the Longreach Library for some school holiday fun! Arts & crafts, painting and board games, you could even come and play on our computers and iPads or read a book or two! See you there!

Location: Longreach Library

Time: 9.30 am

Barcaldine Ukulele Group

No experience required and all welcome.

Location: The Willows Centre

Time: 5pm

Longreach Town Band Brass Ensemble Rehearsals

Location: Longreach State School

Time: 6pm

Longreach SES Group Training

Are you committed to attending regular training and activating during events?

Location: Longreach SES Base, 14 Minor Road

Time: 7pm

Barcaldine Men's Shed

Contact: David Kerrigan on 0427 009 375.

Location: 103 Ash St

Time: 9am

Tuesday, 12 July

Longreach Senior Rugby League Club

Longreach Senior Rugby League training.

Location: Longreach Showgrounds

Time: 6pm

Barcaldine Lawn Tennis

Contact: Tony Walsh on 0410 522 041, Brett Walsh on 0407 981 776 or email barcaldinetennis@gmail.com.

Location: Cnr Willow and Fir St

Time: 6pm

Longreach Playgroup

Ages 0-5 yrs. \$2.00/visit.

Location: Lioness Park

Time: 9 am

Social Tennis Longreach

For more information please contact Anna-Marie Moffat on 0417 112 517 or visit the Longreach Tennis Facebook Page.

Location: Longreach Tennis Club

Time: 6.15pm

Longreach Brolga Girl Guides Meeting

Looking for fun, friendship and adventure? If you are a girl

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# Fees waived for rescuers

By Matthew Pearce

The Rockhampton Regional Council has reimbursed more than \$166,000 in landing fees for the Royal Flying Doctor Service and RACQ Capricorn Helicopter Rescue Service.

Rockhampton Region Mayor Tony Williams and Deputy Mayor Neil Fisher, chair of the Rockhampton Airport, dropped into the RFDS hangar on Aviation Drive on Wednesday, 29 June to present cheques for \$123,269.24 to the RFDS and \$43,525.75 to RACQ CapRescue.

Cr Fisher described the donations as “our small gift to two wonderful services”.

“For 20 years now it’s been a tradition for the council to reduce landing fees for both groups,” he said.

“These organisations provide a great assistance to all of Central Queensland, not just the Rockhampton region but our friends and families in the west.”

Cr Fisher said he challenged other regional airports to “come to the party” and do the same thing.

“It’s not a big effort in the scheme of things, but it’s something that supports regional Queensland and something we take quite a lot of pride in doing.”

In the past year, RFDS landed 1726 times at Rockhampton Airport, transported a total of 2720 patients and flew more than 1.5 million kilometres.

In the same period, RACQ CapRescue has conducted 462 rescues, transferred 340 patients and flew 674 hours.

Royal Flying Doctor Service nurse manager Claire Hilder said the contribution helped the RFDS provide essential services in Queensland.

“We’re getting busier every year and just having the support of council to waive those fees is a huge benefit.”



From left, RACQ CapRescue aircrew officer Dave Paterson and executive Director Mark Fewtrell, Mayor Tony Williams, RFDS nurse manager Claire Hilder and Cr Neil Fisher.

RACQ CapRescue executive director Mark Fewtrell said the introduction of the more advanced AW139 helicopter last year had increased their capabilities - which meant an

increase in costs.

“Our rate of tasking has increased by just short of 25 per cent in 12 months and is predicted to keep on increasing,” he said.

“Forty per cent of our funding comes from the community, but donations of a significant nature like this are really hard to come by and are most appreciated.”

## Young mum grateful for the life-saving RFDS

By Matthew Pearce

Jessica Allen-Armstrong says she and her daughter Amanii wouldn’t be alive today without the Royal Flying Doctor Service.

RFDS crews have come to Jessica’s rescue twice - a Rockhampton crew in 2019 while she was pregnant with Amanii and a Brisbane-based crew in 2021 after she went into cardiac arrest in Gladstone.

“In 2019 they found I had a leaky valve and an irregular heartbeat. My heart was dilated by 58 per cent and I had fainted and had a bit of a seizure, so they flew me to the Royal Brisbane Hospital,” she said.

“Last year in August I had a cardiac arrest on the side of the rugby field and they flew me from Gladstone to the Prince Charles Hospital in Brisbane.”

While she was put into an induced coma before her flight in 2021, Jessica says she remembers everything about her trip in 2019.

“I was actually on the same flight with my neighbour - it’s a small world,” she recalled.

“It was like any other plane ride but awkward at first because you’re laying down instead of sitting in a seat.

“There was no nausea at all, the flight nurses constantly kept you calm, you felt very very safe with them there.”

Jessica said it was an amazing experience to tour the RFDS hangar in Rockhampton and met the pilots and flight crew members who had helped her.

“The world would be a “completely different place” with the work of the Royal Flying Doctor Service. I can tell you now both me and my daughter wouldn’t be here if it wasn’t for them,” she said.

“We’re so lucky to have this facility in such a small town like Rockhampton, the work these guys do is just phenomenal.



Jessica Allen-Armstrong and Amanii Allen.

## Annual One Day Closure

Council offices, libraries, childcare closed



Council will convene its annual ‘Big Day In’ staff training and professional development day on Friday 15 July.

All Council offices, libraries, and the Longreach Childcare Centre, will be closed on the day. Our after-hours answering service will still be available to handle queries and alert on-call staff if appropriate.



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# Lady Louka won the Cup

By Mike Henderson

History what a wonderful thing to have to cherish, to love or to fear or hate, but it is a record of time and place of previous events.

Rockhampton Racing public records have been made available, and with it, the history of Callaghan Park Racing for the past 125 years—beautifully researched documents from each year are available at the Rockhampton Jockey Club.

100 years ago on Monday, 19 June 1922, a mare from central west Queensland came to Rockhampton after winning the Foy Cup in Aramac, she carried 11 stone two pounds as a grass eater in April and then on full feed went on to win the Rockhampton Cup as an outsider at name your own price.

Her name was Lady Louka owned by Mr William McIver of Widgeman (Aboriginal Name “Good Man”) and lived on a property near Lake Dunn north of Aramac about 120 miles and Jericho 140 miles.

She was bred by McIver when he mated Louka with Flying Machine who was doing stud duties at Bexley Station, Longreach.

She was trained in Barcaldine by Mr George H. Leyburn. The 1922 Rockhampton Cup Race for the first time was valued at 1000 pounds - a huge sum - and was linked to the Victorian Tattersall Sweep with the Rockhampton Cup being the decider.

So after scratchings, the race had 13 starters for the 144-mile race on the sand track.

Betrayer started favourite at 2 to 1, there was a rope start and there was one false start, and after a little delay, the field of 13 horses was sent away.

Jockeys riding in the race were acknowledged as among the best with one from Victoria and three from New South Wales.

Humphrey Clinker took charge and opened up a nice break down the back straight with Lady Louka close up.

She gradually worked to the lead and stayed in front and won by 34 of a lengthwell ridden—by Lindsay Marshall a 13-year-old lad at the lightweight of four stone seven pounds.

The Whalan, 2nd, just beat Humprey Clinker, 3rd, and the favourite, Betrayer finished some distance behind them. The time for the race was two minutes 9 7/4 seconds.

Mr William McIver threw in for a good win on the mare he bred and this prompted a rule change to be made after the race to a minimum weight of 7 stone for jockeys!

Mr William McIver is remembered by his descendants for travelling to Sydney sales and buying horses and putting the stallions over his station mares.

They would come by rail to Jericho and be unloaded and released on the common reserve until it was time to walk them home to Widgeman Station.

Curly Anderson is remembered as the man to walk them home.

After the win of the Rockhampton Cup Lady Louka was unloaded at Jericho and set loose on the common until the next lot of McIver's horses were ready to make the trip home.

She was mated a few times but never got in foal. The Barcaldine trainer George Leyburn was born in Bathurst and was always handy with horses and his hands and chased work in sawmills.

He joined the circus in Leyburn to attend to the horses and the staff named him George from Leyburn later shortened to George Leyburn and his trainer's license was issued as Leyburn.

His name was in fact, George Henry Rose.

When he arrived in Barcaldine, he met his future wife Lotti Kuder who worked at Kuder's Union Hotel, and where he started training horses in stables behind the Union Hotel.

They married and had four children, three boys and one girl, and these memories were handed down and recalled along with reports from The Morning Bulletin's records.

Sadly, George Rose died in 1925 from a kidney disorder aged 38 years and is buried in the Barcaldine cemetery.

He died leaving behind a young wife and four children—what a battle it must have been to survive for his wife Lotti and children.

# Another generous slice of local Ilfracombe life

Since I started writing Ilfracombe Inklings, I've tried to provide little slice-of-life snippets from where I live - which is part of the old Ilfracombe Shire - so I felt a column about our post office and illustrious postmistresses would be in order.

An important slice of our lives over the years has been our interaction with the post office.

We have had several dedicated postmistresses (they've pretty much been female in my time), including our current one.

The Ilfracombe Post Office is one of the twin hearts of our community, including the Wellshot pub, which has recently won a much-deserved reward; though I'll save the pub for another day.

My first contact with the post office was via Ruth, the postmistress when the better half and I were corresponding during our courtship and in the months we were separated, early in our marriage.

She followed our story with interest and was delighted to finally welcome me in person when I arrived in Australia.

Another fond memory is of the public library part of the post office, where my children enjoyed many happy hours in early childhood, looking through picture books and playing with the toys that used to be there.

When the local playgroup borrowed toys from the Longreach group, they would stay at the library for all to use in non-playgroup times.

It was a far less taxing trip for toddlers than the 150 km round trip to Longreach and provided a lovely break for all three of us.

Over the years the role of the post office expanded to include offering the only free Wi-Fi connection in town, banking facilities and a local shop—the latter role being particularly welcomed after the general store burned to the ground.

But it's providing mail service that makes it vital, especially for those who live out of town or who are unable to make their way to Longreach easily.

Many times a delivery company has had



difficulty finding us out here, but when we ask them to simply post a parcel to Ilfracombe it would always find us. Every time.

It's hard to get lost in the shuffle of bureaucracy in a small community, where everyone knows everyone else.

And of course, it's a historically significant site... part of the first motorised mail run.

It's also part of our family history, with an uncle serving as a postman for many years.

I suspect it's part of the family history of many locals.

I can't speak highly enough of the services offered at the Ilfracombe Post Office.

Our current postmistress goes far beyond the call of duty and enhances both the reputation of Australia Post and the town with her efforts.

It is an investment in the community which is deeply appreciated.

If you're going past, I suggest you drop in and say g'day and maybe offer some thanks for the services.

I know I'm going to, the next time I head to town.

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## Q&A

### How did you end up in Winton?

I started training to be a teacher a little later than most after working around the state, including station work at Quilpie and Sarina. As I had grown up in Taroom and enjoyed country life, I applied for Winton on graduation and was posted here in the late 1970s and early 1980s. I met Bente here and we purchased a house and have never really left. We are hoping to celebrate a 50-year association with Winton in a couple of years.

### What is the best advice you've ever received?

The best advice I have ever received is 'think before you speak'. Not that it always happens mind you but I wish it did.

### What is something you do in your spare time?

I enjoy leather work including repairing whips and writing.

### What is your favourite place in the Central West?

Winton has to be our favourite place in the Central West. Why? The people are terrific and there is a very strong sense of community. There is always something going on. We have very interesting people visit our town.

### What would you consider your greatest achievement?

I know it is not my achievement alone but having a wonderfully full life with Bente has been a great thing to do.



Jeff Close with Greg North.

with Jeff Close



# Out and About



- 1: Ben Galea, Georgia Benny, and Sophie Gouveia getting ready for dinner at social tennis.
- 2: Longreach locals enjoying a "Sunday sesh".
- 3: Julie and Twan Lloyd and Tim and Kim Trad on a double date at the Longreach Tavern.
- 4: Sean Quarmby, Casey Owens, Ali Mitchell, and Justin Gow having a friends' night out.
- 5: Tamsyn and Graeme Bradley, Clancy Tickner, and Annaleise Tatkovic enjoying their night off.
- 6: The Bock's having a night out.
- 7: Enjoying the live music at the Longreach RSL, Amanda, Sheree Bainbridge, and Tim Gregory.
- 8: Tennis heads, Danielle O'Neal, Renee Silvestro, Kat Fitzsimmons, and Christian Hunt.
- 9: Roelie Hartwig, Helen Avery, and Heather Hale enjoying a Sunday night dinner at the Branch.
- 10: The Longreach Tennis crew.
- 11: Former locals with a current local at the Longreach RSL. Jo Harris, Prue Button, and Cam Harris.
- 12: Shaun Bath and Anya Williams enjoying dinner at the Longreach Tavern.





**TV**  
*Today*

MOVIE  
GUIDE  
**INSIDE**

**Fresh focus**  
**10 Play's 2022**  
**Pilot Showcase**  
**takes flight**

# Picking up the pieces

**Todd Lasance joins *The Secrets She Keeps*  
for its thrilling second season**

*Do you have an event coming up?*  
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and we'll publish it in our weekly Events Calendar.

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## Hidden treasure

A new season of *The Secrets She Keeps* delves into the aftermath of baby Rory's kidnapping and Agatha's arrest. Todd Lasance, who's taking over the role of Jack, tells **Siobhan Duck** about joining the cast of the successful series

**W**atching the pressures faced by young actors today, Todd Lasance can't help but feel relieved he found fame when he did. The 37-year-old actor – together with his friend Lincoln Lewis – burst onto the small screen in 2007 playing Summer Bay rivals on *Home & Away*.

As bad boy Aden Jeffries, Lasance's popularity with fans saw him become an overnight (and somewhat reluctant) celebrity.

Fast forward 15 years and the rise of social media has changed the entertainment industry and, much to Lasance's chagrin, placed increasing emphasis on the fame part of the job he loves so much.

"If you look at my social media, my post history is extremely scarce because I am not a big advocate for it," Lasance says.

"But what I find disappointing is that decisions for us getting roles is based on social media a lot of the time now.

"Which is so heartbreaking because you dedicate your life to the actual craft of creating these characters in these experiences and taking people on a journey and then someone who's flailed their arms around on TikTok and has a million followers is now considered for that [role instead]."

Seeing the toxic effect that social media is having on some film and TV sets, Lasance often wishes that social media "could be deleted from the industry" altogether.

And since becoming a father, Lasance is increasingly concerned about the influence of the unobtainable standards of perfection being peddled to young people (laughingly adding that the term 'influencer' makes him feel physically ill).

"The beauty of doing *Home & Away* when I did was it was right before social media took off," he explains.

"And my god it was such a beautiful experience being part of such a popular show, and not having social media influence the actors and the viewers and the egos.

"I think social media has some amazing elements but it's also extremely destructive. And I



**Sticking together:** Meghan (Jessica De Gouw) and Jack (Todd Lasance) are rocked by a new incident.

think having a daughter now as well makes me particularly terrified because, for women, I think it's 10 times worse."

Certainly, Lasance's latest series *The Secrets She Keeps* proves you can never judge a person's life from the outside, particularly in those heavily filtered Instagram posts.

Lasance steps into the role of Jack, a character who was previously played by Michael Dorman. While the first season was based on the page-turning thriller written by Michael Robotham, this latest one covers entirely new terrain.

And when the show returns, Jack is a man still holding on to some serious secrets while dealing with fallout of having his baby kidnapped by the disturbed and jealous Agatha (*Downton Abbey*'s Laura Carmichael).

Taking on a character previously portrayed by another actor presented Lasance with a challenge he had never yet encountered in his career. He spent weeks deliberating whether he should watch Dorman's performance in order to give the character some continuity going into season two or avoid it altogether and approach the role his own way.

"I couldn't decide what I wanted to do," he shrugs.

"First of all, it's terrifying stepping into someone else's role, particularly on a show that's been really successful and given that Michael is a fantastic actor.

"So, I wanted to do his performance justice, but on the flip side, you don't want to be influenced by previous choices of the other actor."

At the urging of producers, Lasance ultimately decided not to watch Dorman's performance.

"They sat me down and said: 'You're here because of the choices you brought to the role. We don't want you to be Michael, we want this to be your version'.

"So, I watched one of the episodes and then decided to fully focus my research on the book."

The book, like season one, ended with Agatha safely behind bars and baby Rory back in his parents' arms. Given all the loose ends had been tied up so neatly, Lasance understands that fans may well be asking themselves where on Earth the writers could take the story now.

Without wanting to give too much away, this season sets up a compelling new mystery that will make you rethink who is the victim in this tale. Lasance says the beauty of *The Secrets She Keeps* is nothing has ever been black and white. Even the character of Agatha, who is a manipulative, lying kidnapper – isn't a total villain. Instead, she is a woman haunted by her past.

"That's also the reality of people. We are all flawed," he says.

"And we're also more flawed in particular situations. You have to remember that people under pressure can make decisions that, in another more level-headed headspace, they wouldn't necessarily make.

"Making flawed characters is also why it's so exciting to bring these guys to life. And everyone [of the characters] is flawed. That's the other brilliant element of this writing and why it was so nice to be part of a production that is just so classy and so intelligent."

Lasance says the mystery at the centre of this drama kept him intrigued right up until he was sent the very last script. And he believes viewers will be equally captivated, promising: "I think they've done a sensational job seamlessly carrying on the series but then also having this complete shift in approach to the antagonists (and in particular Agatha) and the changes to the power dynamics."

■ *The Secrets She Keeps*, streaming from Tuesday, Paramount+



# Movie Guide

## PICK OF THE WEEK

**Saturday**  
**CAPTAIN MARVEL**  
Seven, 7.30pm, M (2019)

In addition to being a dynamite Marvel blockbuster full of '90s nostalgia, the first female-led superhero film to make more than US\$1 billion worldwide is also a handy origin story for franchise stalwart Nick Fury (a digitally de-aged Samuel L. Jackson). At its heart is Vers (Brie Larson), an amnesiac intergalactic warrior plagued by recurring nightmares, who is captured during a mission and crash-lands in 1995 Los Angeles. It's not long before her presence attracts the attention of S.H.I.E.L.D. Agents Fury and Coulson (Clark Gregg), who work with Vers to recover her memories and unlock the secrets of her past. Their action-packed adventure is a heartfelt, humourous and well overdue introduction for a beloved comic-book hero. ★★★★★

**A hero's welcome:**  
Brie Larson stars in  
*Captain Marvel*.



**ONCE UPON A TIME... IN HOLLYWOOD**  
Seven, Friday, 8.30pm, MA15+ (2019)

Quentin Tarantino slips back into the director's chair for this reimagining of Hollywood in the late 1960s that is equal parts tribute, buddy flick, and fantasy. Leonardo DiCaprio is brilliant as ageing actor Rick Dalton, who is struggling with his career's decline, while Aussie star Margot Robbie shines as starry-eyed actress Sharon Tate, whose star is only just beginning to ascend. But it's Brad Pitt (pictured, right, with DiCaprio) who steals the show as Dalton's stunt man and best pal Cliff Booth. ★★★★★



**GOLDSTONE**  
ABC TV Plus, Friday, 8.30pm, M (2016)

Detective Jay Swan (Aaron Pedersen, pictured) is on the case in this stunning *Mystery Road* spinoff. Here, he's a much-changed man, dishevelled and seemingly broken, but not without a mission. He's in the titular Outback town to track down a missing woman, but the locals don't care to help a meddling outsider. Filled with sweeping landscapes, Indigenous writer/director/cinematographer Ivan Sen's visuals are a joy matched in every aspect of his production. ★★★★★



**GOSFORD PARK**  
SBS World Movies, Saturday, 7.30pm, PG (2001)

*Upstairs, Downstairs*-type tale masquerading as a dapper murder mystery, from the late, great Robert Altman. A jolly good weekend shooting party at an English mansion in 1932 brings together an army of Brits (including Maggie Smith, Michael Gambon and Helen Mirren) and a couple of Americans (Ryan Phillippe, Bob Balaban). In a pivotal role, Kelly Macdonald (pictured with Clive Owen) is the cherubic maid witness to the humility and pomposity that divides the classes. ★★★★★



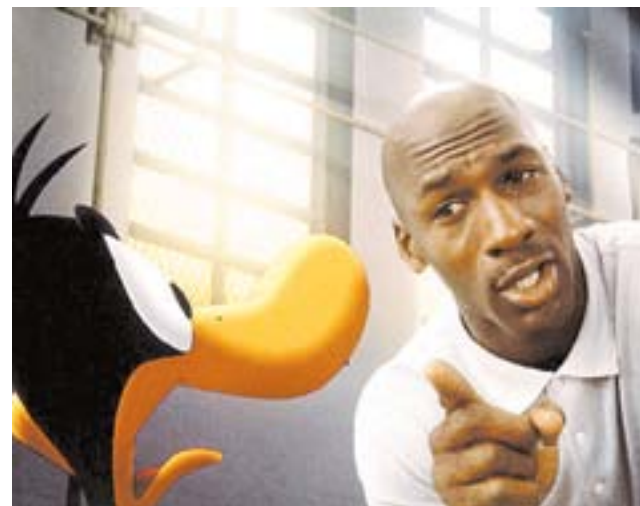
**I FEEL PRETTY**  
Seven, Sunday, 9.30pm, M (2018)

Taking cues from such minor classics as *Big* (1988) and *Shallow Hal* (2001), this well-meaning message movie's premise involves a self-conscious cosmetics company employee (Amy Schumer, pictured) struggling with her self-image, who wakes from a freak accident believing she is a beautiful and confident woman. She is empowered to live her life fearlessly, realising that she can transcend the superficial cruelty of society. Despite the film's admirable traits, it can't escape its formulaic plot. ★★★



**RAMBO: LAST BLOOD**  
10 Shake, Monday, 8.30pm, MA15+ (2019)

The fifth (and final?) *Rambo* is a movie that knows its audience, and shamelessly exploits it. The plot revolves around a cartel that kidnaps John Rambo's (Sylvester Stallone, pictured) friend's daughter (Yvette Monreal). Rambo then decides to cross the Mexican border on a bloody quest to rescue her and dole out his own brand of punishing revenge. There is macho ultraviolence aplenty but unfortunately the film lacks any insight into human morality to go with its bludgeoning action sequences. ★★



**SPACE JAM**  
7Flix, Tuesday, 7.30pm, G (1996)

Live-action shakes hands with animation to bring the basketball king Michael Jordan (pictured) to a cell universe to rescue the Looney Tunes. As an actor, Air is flat on his feet – but his larger-than-life personality sits neatly beside Bugs, Daffy, Sam et al. Bill Murray and Wayne Knight (*Seinfeld*'s Newman) check in with cameos that are nothin' but net. Twenty-five years after its release, the nostalgia factor is strong for fans of this cult classic, inspiring a slam-dunk sequel starring LeBron James. ★★



# The Guide

**Secret ingredients:**  
*MasterChef Australia*  
judges Melissa  
Leong, Andy Allen  
and Jock Zonfrillo.



## PICK OF THE WEEK

**MASTERCHEF AUSTRALIA**  
**10, Tuesday, 7.30pm**

After 14 seasons of *MasterChef Australia*, there is one person who commands a deity-like rapture. In tonight's season finale, with two cooks left standing eyeing the \$250,000 cash prize, British chef Heston Blumenthal is back to issue one of the evening's two challenges. After round one gives the finalists 75 minutes to cook a sweet and savoury dish that impresses judges Jock Zonfrillo, Andy Allen and Melissa Leong, Blumenthal makes his return to the kitchen. Having waxed lyrical on egg and bacon ice cream through video link during the pandemic, he's within ovens' reach this year, with a sublimely delicate taffety tart on the menu.



**THE SPLIT**  
**ABC TV, Saturday, 8.20pm**

Everyone is marinating in some shade of melancholy in this piquant British legal drama. Fancy clothes and luxurious homes are the tantalising polish in this tale about a clan of divorce lawyers who can't seem to

clasp onto contentment. We're halfway through the third and final season and wondering how proceedings will wrap up. As Hannah and Nathan (Nicola Walker and Stephen Mangan, both pictured) struggle to extricate their shared lives, former flame Christie (Barry Atsma) arrives in town.

**JULIA ZEMIRO'S HOME DELIVERY**  
**ABC TV, Sunday, 7.40pm**

After a decade of hanging out with well-known guests as they share the pivotal places and moments in their lives, this time host Julia Zemiro shares her own past with viewers. What's more, she reminisces with four of her entertaining and thoughtful friends: *Gardening Australia's* Costa Georgiadis (pictured with Zemiro), satirist Mark Humphries, comedian Judith Lucy and entertainer Justine Clarke. It's a characteristically playful but highly emotional farewell.



**EMERGENCY**  
**Nine, Monday, 9.40pm**

The anxiety of witnessing some of the terrible accidents and situations in this series is thankfully tempered by the humanity, kindness and infinite goodwill of the medical professionals who try to take the chaos and uncertainty in their strides. Returning with a third season, *Emergency* goes behind the scenes at Royal Melbourne Hospital. Tonight, a young man who is "comfortably numb" is examined by Dr Emma West (pictured), and a motorbike rider is in danger of losing his foot after a shocking crash.

## Friday, July 8

<b>ABC TV (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Q+A. (R) <b>11.00</b> Magical Land Of Oz. (R) <b>12.00</b> ABC News At Noon. <b>1.00</b> Mystery Road: Origin. (Mal, R) <b>1.55</b> The Good Karma Hospital. (PGa, R) <b>3.00</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (R) <b>4.40</b> Tenable. (R) <b>5.30</b> Hard Quiz. (PG, R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>7.00</b> Cycling. Tour de France. Stage 6.Highlights. <b>8.05</b> WorldWatch. <b>9.00</b> Bamay. (R) <b>9.35</b> Big Mob Brekky. (R) <b>11.00</b> Cycling. Tour de France. Stage 6. Replay. <b>1.00</b> WorldWatch. <b>2.00</b> Bamay. (R) <b>2.25</b> Freshwater Dreaming. (PG, R) <b>2.35</b> NAIDOC Award Winners. (PG, R) <b>3.05</b> NITV News: Nula. <b>3.35</b> The Cook Up. (PG) <b>4.05</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Cycling. Tour de France. Stage 6.Highlights.	<b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE:</b> Beaches. (2017, PGa, R) Idina Menzel. <b>2.00</b> House Of Wellness. (PG) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia. Hosted by Larry Emdur.	<b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> <b>MOVIE:</b> A Vineyard Romance. (2021, PGa) <b>1.45</b> Explore. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. (R) <b>5.30</b> WIN News.	<b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGa, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGadl, R) <b>1.00</b> The Living Room. (R) <b>2.00</b> Entertainment Tonight. <b>2.30</b> Farm To Fork. (PG, R) <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PGa) <b>5.00</b> 10 News First.
<b>6.00</b> The Drum. Analysis of the day's news. <b>7.00</b> ABC News. Takes a look at today's top stories. <b>7.30</b> Movin' To The Country. (Return, PG) Presented by Craig Quartermaine. <b>8.00</b> Agatha Raisin. (Mv) When James whisks Agatha away to the seaside, she finds herself accused of murder. <b>9.45</b> Baptiste. (Malv, R) An investigator searches for a sex worker. <b>10.40</b> ABC Late News. <b>10.55</b> The Weekly With Charlie Pickering. (R) <b>11.25</b> You Can't Ask That: Juvenile Detention. (MA15+I, R) <b>12.00</b> Rage. (MA15+adhlinsv)	<b>6.00</b> Mastermind Australia. (R) <b>6.30</b> SBS World News. <b>7.30</b> Great Asian Railway Journeys: Singapore. (PG, R) Hosted by Michael Portillo. <b>8.30</b> Ancient Superstructures: Angkor Wat. (PG) Archaeologists use new technology to examine the temple of Angkor Wat. <b>9.30</b> Cycling. Tour de France. Stage 7. <b>1.30</b> In Therapy. (MI, R) <b>1.55</b> Shadow Lines. (Malv, R) <b>3.40</b> Huang's World. (MI, R) <b>4.30</b> VICE Guide To Film. (MA15+alsv, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.	<b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Better Homes And Gardens. Karen makes ramen noodles with spice broth. <b>8.30</b> <b>MOVIE:</b> Once Upon A Time... In Hollywood. (2019, MA15+Iv, R) A faded TV actor and his stunt double strive to achieve fame and success in the final years of Hollywood's Golden Age. Leonardo DiCaprio, Brad Pitt, Margot Robbie. <b>12.00</b> <b>MOVIE:</b> Alone With A Stranger. (2001, Mlv, R) William R. Moses. <b>2.00</b> Home Shopping. (R) <b>4.00</b> Million Dollar Minute. (R) <b>5.00</b> NBC Today.	<b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Rugby League. NRL. Round 17. Newcastle Knights v South Sydney Rabbitohs. <b>9.55</b> Golden Point. A wrap-up of the Newcastle Knights versus South Sydney Rabbitohs clash, with news and analysis. <b>10.35</b> <b>MOVIE:</b> Into The Blue. (2005, Mdlv, R) A group of divers finds illegal cargo. Paul Walker, Jessica Alba. <b>12.40</b> Tipping Point. (PG, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>4.00</b> Take Two. (R) <b>4.30</b> Global Shop. (R) <b>5.00</b> TV Shop: Home Shopping. (R) <b>5.30</b> Skippy The Bush Kangaroo. (R)	<b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> The Living Room. Barry Du Bois renovates a garage. <b>8.30</b> To Be Advised. <b>9.30</b> The Graham Norton Show. (Mls, R) Graham Norton chats with Andrew Garfield, Dawn French, Channing Tatum, Rob Beckett and Johannes Radebe. <b>10.30</b> Just For Laughs Uncut. (Mls, R) Hosted by Nikki Osborne. <b>11.00</b> Just For Laughs Australia. (Mls, R) <b>11.30</b> The Project. (R) <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. (R) <b>4.30</b> Infomercials. (PG, R)
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>5.20pm</b> Odo. <b>5.30</b> Ginger And The Vegesaur. <b>5.35</b> PJ Masks. <b>5.50</b> Peppa Pig. <b>5.55</b> Nella The Princess Knight. <b>6.05</b> The Adventures Of Paddington. <b>6.20</b> Bluey. <b>6.25</b> Little J And Big Cuz. <b>6.40</b> Andy's Aquatic Adventures. <b>7.00</b> Odd Squad. <b>7.10</b> Grace's Amazing Machines. <b>7.30</b> Spicks And Specks. <b>8.00</b> Wolf Joe. <b>8.30</b> <b>MOVIE:</b> Goldstone. (2016, M) <b>10.20</b> Black Mirror. (Final) <b>11.30</b> QI. <b>Midnight</b> The Games. <b>12.30</b> Last Woman On The Planet. <b>1.30</b> ABC News Update. <b>1.35</b> Close. <b>5.00</b> Twirlywoos. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Pocoyo. <b>5.30</b> Guess How Much I Love You. <b>5.40</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Letterkenny. <b>Noon</b> Vogue Williams: Transgender Warriors. <b>1.00</b> Feeding The Scrum. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France. Replay. <b>4.00</b> Lee Lin Chin's Fashionista. <b>4.15</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.35</b> 8 Out Of 10 Cats Does Countdown. <b>8.30</b> The Orville. <b>9.50</b> Viva La Vulva. <b>10.55</b> Naked City: Freedom Or Lust? <b>Midnight</b> The Act. <b>1.00</b> Savages. <b>2.05</b> <b>MOVIE:</b> Love And Other Drugs. (2010, MA15+) <b>4.10</b> NHK World English News. <b>5.00</b> Al Jazeera.	<b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> House Of Wellness. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Jabba's School Holiday Movie Special. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> The Hotel Inspector. <b>8.30</b> I Escaped To The Country. <b>9.30</b> Escape To The Perfect Town. <b>10.40</b> Penelope Keith's Hidden Coastal Villages. <b>11.45</b> The Hotel Inspector. <b>12.45am</b> The Fine Art Auction. <b>4.00</b> Better Homes And Gardens. <b>5.30</b> Home Shopping.	<b>9GEM (81, 92)</b> <b>6am</b> TV Shop: Home Shopping. <b>7.00</b> Creflo Dollar Ministries. <b>7.30</b> TV Shop: Home Shopping. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> World's Greatest Engineering Icons. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> Trent's Last Case. (1952) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> To Be Advised. <b>10.00</b> Wimbledon Tennis Pre-Show. <b>10.30</b> Tennis. Wimbledon. Day 12. <b>Midnight</b> Tennis. Wimbledon. Day 12. <b>4.00</b> Antiques Roadshow. <b>4.30</b> My Favorite Martian. <b>5.00</b> Newstyle Direct. <b>5.30</b> TV Shop: Home Shopping.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Middle. <b>7.30</b> Seinfeld. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>11.30</b> The King Of Queens. <b>12.30pm</b> Frasier. <b>1.30</b> Seinfeld. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>8.00</b> The Big Bang Theory. <b>9.30</b> Mom. <b>10.30</b> Charmed. <b>11.30</b> Frasier. <b>Midnight</b> Home Shopping. <b>12.30</b> Infomercials. <b>1.00</b> Home Shopping. <b>1.30</b> The Late Show With Stephen Colbert. <b>2.30</b> The Late Late Show With James Corden. <b>3.30</b> Becker. <b>4.30</b> Home Shopping. <b>5.30</b> Infomercials.
<b>NITV (34)</b> <b>6am</b> Musomagic. <b>6.50</b> Crazy Smart Science. <b>7.15</b> Little J And Big Cuz. <b>7.30</b> Big Mob Brekky. <b>9.00</b> Move It Mob Style. <b>9.25</b> Wolf Joe. <b>9.35</b> The Magic Canoe. <b>10.00</b> Land Of Primates. <b>10.50</b> Road Open. <b>11.00</b> NAIDOC Awards. <b>1pm</b> Going Places. <b>2.00</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Bushwhacked! <b>3.25</b> The Magic Canoe. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> NITV News: Nula. <b>6.00</b> Bamay. <b>6.40</b> Land Of Primates. <b>7.30</b> <b>MOVIE:</b> Storm Boy. (1976, PG) <b>9.05</b> <b>MOVIE:</b> Radiance. (1998, M) <b>10.40</b> Big Mob Brekky. <b>12.10am</b> Late Programs.	<b>SBS WORLD MOVIES (32)</b> <b>6am</b> Richard The Stork. Continued. (2017) <b>6.45</b> The Well-Digger's Daughter. (2011, PG, French) <b>8.45</b> Ex Files 3. (2017, PG, Mandarin) <b>10.55</b> Unconscious. (2004, M, Spanish) <b>12.55pm</b> Wolf And Sheep. (2016, M, Dari) <b>2.30</b> Storm Boy. (1976, PG) <b>4.10</b> Rosie. (2018, PG) <b>5.50</b> Rabbit-Proof Fence. (2002, PG) <b>7.30</b> Night Train To Lisbon. (2013, M) <b>9.35</b> Mad Bastards. (2010, MA15+) <b>11.20</b> White Boy Rick. (2018, MA15+) <b>1.25am</b> Liberation. (2019, MA15+, Mandarin) <b>3.20</b> The Last Egg. (2016, M, Vietnamese) <b>5.05</b> Rabbit-Proof Fence. (2002, PG)	<b>7MATE (74)</b> <b>6am</b> ITM Fishing Show: Best Of The Best. <b>7.00</b> Step Outside With Paul Burt. <b>7.30</b> Creek To Coast. <b>8.00</b> American Pickers. <b>9.00</b> Storage Wars. <b>9.30</b> Pawn Stars. <b>10.00</b> Sound FX: 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> <b>MOVIE:</b> Alvin And The Chipmunks: Chipwrecked. (2011) <b>7.45</b> <b>MOVIE:</b> Beethoven. (1992) <b>9.30</b> <b>MOVIE:</b> K-9. (1989, M) <b>11.35</b> Spy Games. <b>12.30am</b> Supergirl. <b>1.25</b> Southern Charm. <b>2.20</b> Surfing Australia TV. <b>2.50</b> Mike Tyson Mysteries. <b>3.00</b> Bakugan: Geogan Rising. <b>3.30</b> LEGO Friends: Girls On A Mission. <b>4.00</b> TV Shop: Home Shopping. <b>5.00</b> Pokémon Master Journeys: The Series. <b>5.30</b> Tom And Jerry.	<b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>Noon</b> The Six Million Dollar Man. <b>1.00</b> The A-Team. <b>2.00</b> Young Sheldon. <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> <b>MOVIE:</b> Alvin And The Chipmunks: Chipwrecked. (2011) <b>7.45</b> <b>MOVIE:</b> Beethoven. (1992) <b>9.30</b> <b>MOVIE:</b> K-9. (1989, M) <b>11.35</b> Spy Games. <b>12.30am</b> Supergirl. <b>1.25</b> Southern Charm. <b>2.20</b> Surfing Australia TV. <b>2.50</b> Mike Tyson Mysteries. <b>3.00</b> Bakugan: Geogan Rising. <b>3.30</b> LEGO Friends: Girls On A Mission. <b>4.00</b> TV Shop: Home Shopping. <b>5.00</b> Pokémon Master Journeys: The Series. <b>5.30</b> Tom And Jerry.	<b>10 BOLD (53, 12)</b> <b>6am</b> Home Shopping. <b>6.30</b> Infomercials. <b>8.00</b> The Doctors. <b>9.00</b> The Love Boat. <b>10.00</b> Star Trek: The Next Generation. <b>Noon</b> Star Trek. <b>1.00</b> Jake And The Fatman. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>6.30</b> MacGyver. <b>7.30</b> NCIS. <b>8.30</b> Law & Order: SVU. <b>10.20</b> Evil. <b>11.15</b> Star Trek: Discovery. <b>12.15am</b> Home Shopping. <b>1.15</b> Infomercials. <b>1.45</b> Home Shopping. <b>2.15</b> Motor Racing. Formula 1. Race 10. British Grand Prix. Replay. <b>3.10</b> Star Trek: The Next Generation. <b>5.00</b> The Doctors.

CONSUMER ADVICE (P) Pre-school (C) Children (PG) Parental Guidance Recommended (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence (R) Repeat (a) Adult themes (d) Drug references (h) Horror (s) Sex references (l) Language (m) Medical procedures (n) Nudity (v) Violence.

QLD



<b>ABC TV (22)</b> <b>6.00</b> Rage. (PG) <b>7.00</b> Weekend Breakfast. <b>9.00</b> Rage. (PG) <b>12.00</b> ABC News At Noon. <b>12.30</b> <b>Agatha Raisin</b> . (Mv, R) <b>2.10</b> <b>Midsomer Murders</b> . (PG, R) <b>3.40</b> <b>The ABC Of</b> . (PG, R) <b>4.10</b> <b>Back Roads</b> . (R) <b>4.45</b> <b>Landline</b> . (R) <b>5.15</b> <b>Julia Zemiro's Home Delivery: Stephen Page</b> . (PGa, R)	<b>SBS (3)</b> <b>6.00</b> <b>WorldWatch</b> . <b>7.00</b> <b>Cycling</b> . Tour de France. Stage 7. Highlights. <b>8.05</b> <b>WorldWatch</b> . <b>9.00</b> <b>Love Your Garden</b> . (PG) <b>10.00</b> <b>Great Canal Journeys</b> . (PG) <b>11.00</b> <b>Cycling</b> . Tour de France. Stage 7. Replay. <b>1.00</b> <b>PBS NewsHour</b> . <b>2.00</b> <b>NAIDOC Awards</b> . (PG, R) <b>4.00</b> <b>Trail Towns</b> . (PG) <b>4.30</b> <b>Cycling</b> . Tour de France. Stage 7. Highlights. <b>5.30</b> <b>48 Hours To Victory</b> . (PG)	<b>SEVEN (7)</b> <b>6.00</b> <b>NBC Today</b> . <b>7.00</b> <b>Weekend Sunrise</b> . <b>10.00</b> <b>The Morning Show: Weekend</b> . (PG) <b>12.00</b> <b>Motor Racing</b> . Supercars C'ship. Round 7. Townsville 500. Day 1. Qualifying and support races. <b>3.00</b> <b>Motor Racing</b> . Supercars C'ship. Round 7. Townsville 500. Day 1. Pre-race and race. From Reid Park Street Circuit, Townsville, Queensland. <b>5.00</b> <b>Seven News At 5</b> . <b>5.30</b> <b>Creek To Coast</b> .	<b>NINE (8, 9)</b> <b>6.00</b> <b>Getaway</b> . (PG, R) <b>6.30</b> <b>A Current Affair</b> . (R) <b>7.00</b> <b>Weekend Today</b> . <b>10.00</b> <b>Today Extra: Saturday</b> . (PG) <b>12.00</b> <b>Our State On A Plate</b> . (Final, PG) <b>12.30</b> <b>My Way</b> . (PG, R) <b>1.00</b> <b>Arctic Vets</b> . (PG) <b>1.30</b> <b>Taronga: Who's Who In The Zoo</b> . (PG, R) <b>2.30</b> <b>Australian Ninja Warrior</b> . (PG, R) <b>4.30</b> <b>The Garden Gurus: 20th Anniversary Special</b> . <b>5.00</b> <b>News: First At Five</b> . <b>5.30</b> <b>Getaway</b> . (PG)	<b>TEN (5, 1)</b> <b>6am</b> <b>Morning Programs</b> . <b>7.30</b> <b>Wildlife Rescue Australia</b> . (PGm, R) <b>8.30</b> <b>What's Up Down Under</b> . (R) <b>9.00</b> <b>Australia By Design: Innovations</b> . (PG, R) <b>9.30</b> <b>St10</b> . (PG) <b>12.00</b> <b>Living Room</b> . (R) <b>1.00</b> <b>Offroad Adv</b> . <b>2.00</b> <b>Pooches At Play</b> . <b>2.30</b> <b>Taste Of Aust</b> . (R) <b>3.00</b> <b>What's Up Down Under</b> . <b>4.00</b> <b>Bondi Rescue</b> . (PGal, R) <b>4.30</b> <b>Farm To Fork</b> . (PG, R) <b>5.00</b> <b>News</b> .
<b>6.05</b> <b>Dinosaur Apocalypse With Sir David Attenborough: The New Evidence</b> . (R) Part 1 of 2. <b>7.00</b> <b>ABC News</b> . Takes a look at today's top stories. <b>7.30</b> <b>The Good Karma Hospital</b> . (PGa) Lydia is forced to confront her first husband. <b>8.20</b> <b>The Split</b> . (Ma) Tensions rise as Hannah and Nathan struggle to disentangle their lives. Christie arrives in London. <b>9.20</b> <b>Mystery Race: Origin</b> . (Mal, R) A young police constable starts a new job in an outback mining town, where he spent his youth. <b>10.15</b> <b>The Trial Of Christine Keeler</b> . (Final, Mal, R) Christine is arrested for perjury. <b>11.15</b> <b>High Fidelity</b> . (MA15+I, R) Rob reconnects with Liam. <b>11.50</b> <b>Rage</b> . (MA15+adhlsv)	<b>6.30</b> <b>SBS World News</b> . <b>7.35</b> <b>World's Most Scenic Railway Journeys: Taiwan</b> . (PG) Bill Nighy chronicles a train journey around Taiwan, beginning in the port city of Hualien. <b>8.30</b> <b>The Queen's Mother In Law</b> . (PGa, R) Explores the life of Prince Queen Elizabeth's mother-in-law, Princess Alice of Battenberg. <b>9.25</b> <b>Cycling</b> . Tour de France. Stage 8. Dole to Lausanne. 186.5km hilly stage. From France. <b>2.00</b> <b>In Therapy</b> . (PG, R) <b>2.30</b> <b>The New Pope</b> . (Masv, R) <b>4.25</b> <b>VICE Guide To Film</b> . (MA15+sv, R) <b>4.50</b> <b>Destination Flavour Down Under Bitesize</b> . (R) <b>5.00</b> <b>NHK World English News Morning</b> . <b>5.15</b> <b>France 24 Feature</b> . <b>5.30</b> <b>ANC Philippines The World Tonight</b> .	<b>6.00</b> <b>Seven News</b> . <b>7.00</b> <b>Border Security: Australia's Front Line</b> . (PG, R) Authorities execute a pre-dawn raid on a north Queensland farm house as they search for illegal immigrants. <b>7.30</b> <b>MOVIE: Captain Marvel</b> . (2019, Mv) A super powered woman is haunted by memories of a past on Earth she does not remember. Brie Larson, Samuel L. Jackson, Ben Mendelsohn. <b>10.10</b> <b>MOVIE: Die Hard 4.0</b> . (2007, Mlv, R) Detective John McClane is assigned to capture a computer hacker but instead matches wits with a terrorist. Bruce Willis, Justin Long. <b>12.45</b> <b>Motor Racing</b> . Supercars Championship. Round 7. Townsville 500. Day 1. Highlights. <b>2.00</b> <b>Home Shopping</b> . (R) <b>4.00</b> <b>It's Academic</b> . (R) <b>5.00</b> <b>House Of Wellness</b> . (PG, R)	<b>6.00</b> <b>Nine News Saturday</b> . <b>7.00</b> <b>A Current Affair</b> . <b>7.30</b> <b>Rugby Union</b> . International Test Series. Game 2. Australia v England. From Suncorp Stadium, Brisbane. <b>10.00</b> <b>Wallabies V England Post-Match</b> . Highlights from the Australia and England match, as well as player interviews and full analysis. <b>10.30</b> <b>MOVIE: Ronin</b> . (1998, Mlv, R) A group of freelance intelligence agents works together to steal a mysterious package. Robert De Niro, Jean Reno. <b>12.50</b> <b>Labour Of Love</b> . (PGa, R) Hosted by Kristin Davis. <b>1.40</b> <b>Our State On A Plate</b> . (PG, R) A look at what WA has to offer. <b>2.00</b> <b>TV Shop: Home Shopping</b> . (R) <b>4.30</b> <b>Global Shop</b> . (R) Home shopping. <b>5.00</b> <b>TV Shop: Home Shopping</b> . (R) <b>5.30</b> <b>Skippy The Bush Kangaroo</b> . (R)	<b>6.00</b> <b>Wildlife Rescue Australia</b> . (PGm) Cher the squirrel glider possum will not survive in the wild unless Dr Bree Talbot can repair its injured eye. <b>7.00</b> <b>The Dog House</b> . (PG) Two very different puppies are being considered by a couple and their daughters. <b>9.00</b> <b>Ambulance Australia</b> . (Mdlm, R) Follows paramedics as they respond to a call for help from a 92-year-old who was pinned under his mobility scooter after it tipped over, and attend to a baby who is turning blue and struggling to breathe. <b>10.00</b> <b>To Be Advised</b> . <b>11.00</b> <b>My Life Is Murder</b> . (Md, R) Alexa investigates the mysterious death of her much beloved former teacher. <b>1.00</b> <b>Home Shopping</b> . (R) <b>3.30</b> <b>Infomercials</b> . (PG, R) <b>5.00</b> <b>Hour Of Power</b> . Religious program.
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> <b>Shaun The Sheep</b> . <b>7.20</b> <b>Bluey</b> . <b>7.30</b> <b>Spicks And Specks</b> . <b>8.00</b> <b>QI</b> . <b>8.30</b> <b>Live At The Apollo</b> . <b>9.15</b> <b>Sammy J</b> . <b>9.20</b> <b>The Stand Up Sketch Show</b> . <b>9.45</b> <b>Whose Line Is It Anyway?</b> <b>10.05</b> <b>Would I Lie To You?</b> <b>10.40</b> <b>Friday Night Dinner</b> . <b>11.00</b> <b>The Witchfinder</b> . (Final) <b>11.30</b> <b>Blunt Talk</b> . <b>Midnight</b> <b>Schitt's Creek</b> . <b>12.25</b> <b>Brassic</b> . <b>1.10</b> <b>Late Programs</b> .	<b>SBS VICELAND (31)</b> <b>6am</b> <b>WorldWatch</b> . <b>8.40</b> <b>Alone</b> . <b>9.30</b> <b>Shortland St</b> . <b>11.00</b> <b>Letterkenny</b> . <b>Noon</b> <b>VICE</b> . <b>12.35</b> <b>Over The Black Dot</b> . <b>1.05</b> <b>Yokaiy Footy</b> . <b>2.00</b> <b>Cycling</b> . Tour de France. Replay. <b>4.00</b> <b>Bamay</b> . <b>4.20</b> <b>WorldWatch</b> . <b>5.45</b> <b>Dynamo: Top Ten Greatest Moments</b> . <b>6.40</b> <b>Good With Wood</b> . <b>7.35</b> <b>Impossible Engineering</b> . <b>8.35</b> <b>Hoarders</b> . <b>9.25</b> <b>MOVIE: Attica</b> . (2021) <b>11.35</b> <b>Colony</b> . <b>1.20am</b> <b>South Park</b> . <b>2.50</b> <b>Late Programs</b> .	<b>7TWO (72)</b> <b>6am</b> <b>Home Shopping</b> . <b>8.30</b> <b>Travel Oz</b> . <b>10.00</b> <b>Weekender</b> . <b>10.30</b> <b>Creek To Coast</b> . <b>11.00</b> <b>House Of Wellness</b> . <b>Noon</b> <b>Horse Racing</b> . Flemington Race Day, Royal Randwick Raceday and Saturday Raceday. <b>5.00</b> <b>Border Patrol</b> . <b>5.30</b> <b>The Yorkshire Vet</b> . <b>8.30</b> <b>I Escaped To The Country</b> . <b>9.30</b> <b>Escape To The Country</b> . <b>11.30</b> <b>The Yorkshire Vet</b> . <b>12.30am</b> <b>The Fine Art Auction</b> . <b>3.30</b> <b>The Great Australian Doorstep</b> . <b>4.00</b> <b>Late Programs</b> .	<b>9GEM (81, 92)</b> <b>6am</b> <b>Newstyle Direct</b> . <b>6.30</b> <b>TV Shop</b> . <b>7.00</b> <b>Leading The Way</b> . <b>7.30</b> <b>TV Shop</b> . <b>8.00</b> <b>Beyond Today</b> . <b>8.30</b> <b>TV Shop</b> . <b>10.00</b> <b>My Favorite Martian</b> . <b>10.30</b> <b>Edgar Wallace Mysteries</b> . <b>11.50</b> <b>The Baron</b> . <b>1pm</b> <b>MOVIE: Poison Pen</b> . (1939, PG) <b>2.35</b> <b>MOVIE: Nickelodeon</b> . (1976, PG) <b>5.0</b>	

## Sunday, July 10

Friday, 8 July, 2022 **TODAY 17**



<p><b>ABC TV (22)</b>  <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Landline. (R) <b>11.00</b> Antiques Roadshow. (R) <b>12.00</b> ABC News At Noon.  <b>1.00</b> Mum. (Ml, R)  <b>1.30</b> Vera. (Mav, R)  <b>3.00</b> Grand Designs New Zealand. (R)  <b>3.45</b> Think Tank. (R)  <b>4.45</b> Tenable. (R)  <b>5.30</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b>  <b>6.00</b> WorldWatch. <b>7.00</b> Tour de France. Stage 9. <b>8.05</b> WorldWatch. <b>9.05</b> Cook Up Bitesize. (R) <b>9.10</b> Make Me A Dealer. <b>10.05</b> Paddington Station 24/7. <b>11.00</b> Tour de France. Stage 9. <b>1.00</b> WorldWatch. <b>2.00</b> Destination Flavour China. (R) <b>2.10</b> First Australians. (PG, R) <b>3.05</b> Small Business Secrets. (R) <b>3.35</b> The Cook Up. (R) <b>4.05</b> Jeopardy! <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France. Stage 9.</p>	<p><b>SEVEN (7)</b>  <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE: He Loves Me.</b> (2011, Masv, R) <b>2.00</b> Criminal Confessions: Houston. (Mdlv, R) <b>3.00</b> The Chase. <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b>  <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Australian Ninja Warrior. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b>  <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGa, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGal, R) <b>1.00</b> MasterChef Australia. (R) <b>2.30</b> Entertainment Tonight. <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PGav) <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum.  <b>7.00</b> ABC News. Takes a look at today's top stories.  <b>7.30 7.30.</b> Presented by Sarah Ferguson.  <b>8.00</b> Back Roads: Leeton, NSW. (Return) Heather Ewart travels to Leeton.  <b>8.30</b> Four Corners. Investigative journalism program that leads national debate and confronts issues that matter.  <b>9.20</b> Media Watch. (PG) Paul Barry takes a look at the latest issues affecting media consumers.  <b>9.35</b> Neighbours: End Of The Road. Takes a look at <i>Neighbours</i>.  <b>10.05</b> ABC Late News. Detailed coverage of the day's events.  <b>10.20</b> The Business. (R)  <b>10.35</b> Q+A. (R)  <b>11.40</b> Total Control. (Mlv, R)  <b>3.10</b> Rage. (MA15+adhlsv) <b>4.25</b> The Drum. (R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> Mastermind Australia. (R)  <b>6.30</b> SBS World News.  <b>7.30</b> Saving Lives At Sea. (M)  The Tenby crew races to save a kayaker.  <b>8.40</b> The Queen's Guard: A Year In Service. (M) Part 1 of 5. Follows the Coldstream Guards through their toughest year on record.  <b>9.30</b> 24 Hours In Emergency: Pride And Prejudice. (Ma, R) A 52-year-old is rushed to St George's after being hit by a car after cycling home from work.  <b>10.30</b> SBS World News Late.  <b>11.00</b> Black Sands. (Mals)  <b>12.00</b> Agatha Christie's Criminal Games. (Madv, R)  <b>1.45</b> In Therapy. (PGa, R) <b>2.45</b> Outlander. (MA15+a, R) <b>3.45</b> Huang's World. (Ml, R)  <b>4.35</b> VICE Guide To Film. (MA15+ahv, R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News.  <b>6.30</b> Seven News.  <b>7.00</b> Home And Away. (PGas)  <b>7.30</b> Big Brother. (PG) A diverse group of Australians are locked up together in a house under 24/7 surveillance.  <b>8.55</b> 9-1-1: Lone Star. (Mav) The members of the 126 spring into action when a surprise military homecoming erupts into chaos.  <b>11.00</b> The Latest: Seven News.  <b>11.30</b> The Blacklist. (Madv) Aram turns to an unusual outlet for release.  <b>12.30</b> The Jonathan Ross Show. (Mals, R)  <b>1.30</b> Hooked On The Look. (Ma, R)  <b>2.00</b> Home Shopping. (R)  <b>4.00</b> NBC Today.  <b>5.00</b> Seven Early News.  <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Nine News.  <b>7.00</b> A Current Affair.  <b>7.30</b> Australian Ninja Warrior. (PG)  Hosted by Leila McKinnon and Jim Courier.  <b>9.40</b> Emergency. (Return, Mm)  Doctors fear a motorbike rider might lose his foot after a shocking crash.  <b>10.40</b> Nine News Late. A look at the latest news and events.  <b>11.10</b> 100% Footy. (M) Features the latest rugby league news.  <b>12.00</b> Manifest. (Mmv)  <b>12.50</b> Hello SA. (PG)  <b>1.10</b> 9Honey: Queen Elizabeth. (PG)  <b>1.30</b> TV Shop: Home Shopping. (R)  <b>2.30</b> Global Shop. (R)  <b>3.00</b> TV Shop: Home Shopping. (R)  <b>4.00</b> Believer's Voice Of Victory. (PGa)  <b>4.30</b> A Current Affair. (R)  <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. A look at the day's news and events.  <b>7.30</b> MasterChef Australia.  Shannon Bennett is back for the semi-final, running the pass and offering advice to the contestants.  <b>9.00</b> Have You Been Paying Attention? (Mals) Celebrity panellists compete to see who can remember the most about events of the week.  <b>10.00</b> The Montreal Comedy Festival. (MA15+ls) Performances by musical comedy megastars.  <b>11.00</b> Jimeoin: Ramble On. (Mls, R)  Stand-up performance by Jimeoin.  <b>12.30</b> The Project. (R)  <b>1.30</b> The Late Show With Stephen Colbert. (PG)  <b>2.30</b> Infomercials. (PG, R)  <b>3.00</b> Home Shopping. (R)  <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7pm</b> Odd Squad. <b>7.10</b> Grace's Amazing Machines. <b>7.30</b> David Attenborough's Micro Monsters. <b>8.25</b> George Clarke's Amazing Spaces. <b>9.10</b> Restoration Australia. <b>10.10</b> Murder 24/7. <b>11.10</b> Q1. <b>11.45</b> The Games. <b>12.10am</b> How To Live Younger. <b>1.10</b> ABC News Update. <b>1.15</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Sarah &amp; Duck. <b>5.30</b> Guess How Much I Love You. <b>5.40</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Letterkenny. <b>Noon</b> Border To Border. <b>12.30</b> Marry Me, Marry My Family. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France. Replay. <b>4.00</b> WorldWatch. <b>4.45</b> It's Supertime! <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.30</b> News. <b>7.35</b> 8 Out Of 10 Cats. <b>8.30</b> Taskmaster. <b>9.25</b> Kim's Convenience. <b>10.25</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Shopping. <b>6.30</b> Life Off Road. <b>7.00</b> The Bowls Show. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>10.30</b> Better Homes. <b>Noon</b> Harry And Meghan: The First Tour. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Weekender. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Doc Martin. <b>8.30</b> A Touch Of Frost. <b>10.50</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> Morning Programs. <b>7.30</b> TV Shop. <b>9.30</b> Newstyle Direct. <b>10.00</b> Danoz. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Days Of Our Lives. <b>12.55</b> The Young And The Restless. <b>1.50</b> Explore. <b>2.00</b> World's Greatest Journeys. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE: Saraband</b> For Dead Lovers. (1948) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> Death In Paradise. <b>8.40</b> Poi</p>	

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<b>ABC (2)</b> <b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Foreign Correspondent. (R) <b>10.30</b> Barrie Cassidy's One Plus One. (R) <b>11.00</b> How To Live Younger. (R) <b>12.00</b> ABC News At Noon. <b>1.00</b> The Split. (Ma, R) <b>2.00</b> The Durrells. (PG, R) <b>2.55</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (R) <b>4.45</b> Tenable. (R) <b>5.30</b> Hard Quiz. (PG, R)	<b>SBS (3)</b> <b>6.00</b> WorldWatch. <b>9.00</b> Make Me A Dealer. (PG) <b>9.50</b> Paddington Station 24/7. (PG) <b>10.50</b> Revolution: Ideas That Changed The World. (PG) <b>11.55</b> WorldWatch. <b>2.00</b> Destination Flavour China Bitesize. (R) <b>2.05</b> First Australians. (PG, R) <b>3.00</b> Living Black. (R) <b>3.30</b> The Cook Up. (PG, R) <b>4.05</b> Who Do You Think You Are? (PGa, R) <b>5.05</b> Jeopardy! (PG) <b>5.30</b> Letters And Numbers. (R)	<b>SEVEN (7)</b> <b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE:</b> Bringing Ashley Home. (2011, Mad, R) <b>2.00</b> Criminal Confessions: Seneca Falls. (Malv, R) <b>3.00</b> The Chase. <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.	<b>NINE (8, 9)</b> <b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Australian Ninja Warrior. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.	<b>TEN (5, 1)</b> <b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGav, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGal, R) <b>1.00</b> MasterChef Australia. (R) <b>2.30</b> Entertainment Tonight. <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. (PGa) <b>5.00</b> 10 News First.
<b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30</b> <b>7.30</b> . Presented by Sarah Ferguson. <b>8.00</b> The ABC Of: Wil Anderson. (PG) Hosted by David Wenham. <b>8.30</b> Carbon: The Unauthorised Biography. (PG) Scientists tell the surprising story of the element that made the Earth and everything in it, carbon. <b>10.00</b> What Are We Feeding Our Kids? (PGm, R) A look at ultra-processed food. <b>10.55</b> ABC Late News. <b>11.10</b> The Business. (R) <b>11.25</b> Four Corners. (R) <b>12.10</b> Media Watch. (PG, R) <b>12.30</b> Vera. (Mv, R) <b>2.00</b> The Durrells. (PG, R) <b>2.45</b> Rage. (MA15+adhlmsv) <b>4.25</b> The Drum. (R) <b>5.25</b> <b>7.30</b> . (R)	<b>6.00</b> Mastermind Australia. (R) <b>6.30</b> SBS World News. <b>7.30</b> Who Do You Think You Are? Dr Chris Brown explores his roots. <b>8.35</b> Concorde: Secrets Behind The Crash. (PG, R) The tragic story of the crash of Air France Flight 4590 and what really happened is explored. <b>9.30</b> Cycling. Tour de France. Stage 10. Morzine Les Portes du Soleil to Megève. 148.5km hilly stage. From France. <b>1.30</b> In Therapy. (Mls, R) <b>2.00</b> The A Word. (Mas, R) <b>3.10</b> Twin. (Mal, R) <b>4.05</b> Huang's World. (Ml, R) <b>4.55</b> Destination Flavour Down Under Bitesize. <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.	<b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PG) <b>7.30</b> Big Brother. (PG) Hosted by Sonia Kruger. <b>9.00</b> The Good Doctor. (Mas) Audrey, Shaun and Asher help a teen biohacker whose self-experiments have begun to compromise his health. <b>11.00</b> The Latest: Seven News. <b>11.30</b> Autopsy USA: Andy Warhol. (MA15+ad, R) <b>12.30</b> The Jonathan Ross Show. (Mns, R) <b>1.30</b> Hooked On The Look. (MA15+ad, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.	<b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> Australian Ninja Warrior. (Final, PG) The biggest names are invited back to compete on five of Ninja World's toughest obstacles. <b>9.30</b> To Be Advised. <b>10.30</b> Nine News Late. A look at the latest news and events. <b>11.00</b> Law & Order: Organized Crime. (Mv) A barrage of cyber-attacks cripples the city. <b>11.50</b> Game Of Silence. (MA15+av) <b>12.40</b> Tipping Point. (PG, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.	<b>6.30</b> The Project. The hosts and guest panellists take a look at the day's news, events and hot topics. <b>7.30</b> MasterChef Australia. (Final) This season's winner is crowned, with a \$250,000 cash prize as the reward. <b>9.00</b> The Cheap Seats. (Mal) From major news stories to entertainment and viral videos, presenters Melanie Bracewell and Tim McDonald take a look at the week that was. <b>10.00</b> Soccer. Friendly. Manchester United v Liverpool. <b>1.30</b> The Project. (R) A look at the day's news and events. <b>2.30</b> The Late Show With Stephen Colbert. (PG, R) Late-night talk show. <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.
<b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> Grace's Amazing Machines. <b>7.30</b> Spicks And Specks. <b>8.00</b> Would I Lie To You? <b>9.00</b> Blunt Talk. <b>9.30</b> Friday Night Dinner. <b>9.55</b> Schitt's Creek. (Final) <b>10.20</b> Rosehaven. <b>10.45</b> Black Books. <b>11.15</b> Bounty Hunters. <b>11.40</b> Whose Line Is It Anyway? <b>Midnight</b> The Games. <b>12.30</b> Brassic. <b>1.15</b> The Stand Up Sketch Show. <b>1.35</b> Mock The Week. <b>2.10</b> Late Programs.	<b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Letterkenny. <b>Noon</b> Look Me In The Eye. <b>2.00</b> Chasing Famous. <b>2.50</b> Counter Space. <b>3.50</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.35</b> 8 Out Of 10 Cats Does Countdown. <b>8.35</b> Craig Charles: UFO Conspiracies. <b>9.30</b> James Cameron's Story Of Science Fiction. (Final) <b>10.20</b> Chad. (Return) <b>11.20</b> Late Programs.	<b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> Charles: 50 Years A Prince. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Creek To Coast. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Rosemary & Thyme. <b>8.30</b> Foyle's War. <b>10.30</b> Miniseries: Little Boy Blue. <b>11.30</b> Late Programs.	<b>9GEM (81, 92)</b> <b>6am</b> Morning Programs. <b>11.30</b> My Favorite Martian. <b>Noon</b> Australia's Top Ten Of Everything. <b>1.00</b> The Young And The Restless. <b>1.50</b> Explore. <b>2.00</b> Great Barrier Reef: A Living Treasure. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> The Night My Number Came Up. (1955, PG) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> New Tricks. <b>8.40</b> The Closer. <b>9.40</b> Rizzoli & Isles. <b>10.40</b> Late Programs.	<b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The King Of Queens. <b>8.00</b> Seinfeld. <b>9.30</b> Becker. <b>10.00</b> The Middle. <b>11.00</b> Frasier. <b>Noon</b> The Big Bang Theory. <b>1.30</b> Seinfeld. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>6.30</b> Neighbours. <b>7.30</b> Friends. <b>8.00</b> The Big Bang Theory. <b>9.30</b> Mom. <b>11.00</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.30</b> Late Programs.
<b>NITV (34)</b> <b>6am</b> Morning Programs. <b>1.30pm</b> Jupurrurla: Man Of Media. <b>2.00</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Jarjums. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> Indian Country Today News. <b>6.00</b> Bamay. <b>6.30</b> News. <b>6.40</b> Land Of Primates. <b>7.30</b> The Point. <b>8.00</b> Spirit Talker. <b>8.30</b> Over The Black Dot. <b>9.00</b> Feeding The Scrum. <b>9.30</b> Letterkenny. <b>10.00</b> Gomorrah. <b>11.00</b> Late Programs.	<b>SBS WORLD MOVIES (32)</b> <b>6am</b> Morning Programs. <b>6.50</b> Chalet Girl. (2011, PG) <b>8.45</b> Monkey King: The Hero. (2016, PG) <b>10.20</b> The Fog. (1980, M) <b>Noon</b> Sun Children. (2020, PG, Farsi) <b>1.50</b> A Monster In Paris. (201			



Wednesday, July 13

<p><b>ABC TV (2)</b></p> <p><b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Four Corners. (R) <b>11.00</b> Dinosaur Apocalypse With Sir David Attenborough. (R) <b>12.00</b> ABC News At Noon. <b>12.30</b> National Press Club Address. <b>1.40</b> Media Watch. (PG, R) <b>2.00</b> The Durrells. (PG, R) <b>2.55</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (R) <b>4.40</b> Tenable. (R) <b>5.30</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b></p> <p><b>6.00</b> WorldWatch. <b>7.00</b> Tour de France. Stage 10. <b>8.05</b> WorldWatch. <b>9.00</b> Cook Up Bitesize. (R) <b>9.10</b> Make Me A Dealer. <b>10.00</b> Paddington Station 24/7. (PG) <b>11.00</b> Tour de France. Stage 10. <b>1.00</b> WorldWatch. <b>2.00</b> Destination Flavour China. (R) <b>2.05</b> First Australians. (PG, R) <b>3.05</b> Going Places. (R) <b>3.35</b> The Cook Up. (PG, R) <b>4.05</b> Jeopardy! (PG) <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France. Stage 10.</p>	<p><b>SEVEN (7)</b></p> <p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE:</b> A Father's Nightmare. (2018, Madv, R) <b>2.00</b> Criminal Confessions: Ascension. (Mlv, R) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b></p> <p><b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> Australian Ninja Warrior. (PG, R) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b></p> <p><b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (PGa, R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGadl, R) <b>1.00</b> MasterChef Australia. (R) <b>2.30</b> Entertainment Tonight. <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum. <b>7.00</b> ABC News. <b>7.30 7.30.</b> Presented by Sarah Ferguson. <b>8.00</b> Gruen. Presented by Wil Anderson. <b>8.40</b> The Weekly With Charlie Pickering. (Final) A satirical news program exposing the humorous, absurd and downright hypocritical. <b>9.10</b> You Can't Ask That: Dementia. (Final, Mal) People living with dementia, a neurodegenerative disease that is often misunderstood, share their stories. <b>9.40</b> Would I Lie To You? (PG, R) Hosted by Rob Brydon. <b>10.10</b> ABC Late News. <b>10.25</b> The Business. (R) <b>10.45</b> Miniseries: Small Axe. (Madl, R) <b>11.55</b> Total Control. (Mal, R) <b>1.40</b> The Durrells. (PG, R) <b>2.30</b> Rage. (MA15+adhlnsv) <b>4.25</b> The Drum. (R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> Mastermind Australia. (R) Presented by Jennifer Byrne. <b>6.30</b> SBS World News. <b>7.35</b> Michael Mosley's 21 Day Body Challenge. (M) Part 2 of 3. <b>8.30</b> Jack The Ripper. (M) Part 1 of 3. Re-examines the Jack the Ripper murders, one of history's most infamous cold cases. <b>9.30</b> Cycling. Tour de France. Stage 11. Albertville to Col du Granon Serre Chevalier. 152km mountain stage. From France. <b>1.30</b> In Therapy. (Mls, R) <b>2.00</b> Taken Down. (MA15+as, R) <b>4.00 8</b> Out Of 10 Cats Does Countdown. (Mals, R) <b>4.55</b> Destination Flavour Down Under Bitesize. (R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PGa) <b>7.30</b> Highway Patrol: Dumb Decisions. (PGdl, R) Takes a look at some of the dumb moments from drivers, captured on camera. <b>8.30</b> Britain's Got Talent. (PG) The fourth set of semi-finalists try to impress celebrity judges Amanda Holden, Alesha Dixon, David Walliams and Simon Cowell and earn a place in the grand final. Hosted by Ant and Dec. <b>10.30</b> The Latest: Seven News. <b>11.00</b> Inside Belmarsh Prison. (MA15+v, R) Part 1 of 2. <b>12.00</b> Reckoning. (MA15+alv, R) <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Nine News. <b>7.00</b> Rugby League. State of Origin. Game 3. Queensland v New South Wales. <b>10.10</b> State Of Origin Post-Match. A post-match wrap-up of Game 3 of the State of Origin match between Queensland and NSW. <b>11.10</b> Travel Guides NZ. (PGI) The guides explore the East Coast. <b>12.10</b> Chicago Med. (MA15+am, R) Daniel is visited by a childhood friend. <b>1.00</b> Everything Outdoors. Blake explores a toy shop. <b>1.30</b> TV Shop: Home Shopping. (R) <b>2.30</b> Global Shop. (R) Home shopping. <b>3.00</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) Religious program. <b>4.30</b> Hello SA. (PG, R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> The Dog House Australia. (PGa, R) Narrated by Dr Chris Brown. <b>8.30</b> Five Bedrooms. (Final, Ml) The existence of the house is under threat when a housemate decides to move out and the gang discovers that replacing them is virtually impossible. <b>9.30</b> Bull. (PGa, R) As New York City is shut down by the pandemic, Bull and the team are forced to adjust to the new normal. <b>10.30</b> Good Sam. (Ma) A gunshot victim is rushed to the ER. <b>11.30</b> The Project. (R) <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> Grace's Amazing Machines. <b>7.30</b> Anh's Brush With Fame. <b>8.00</b> Art Works. <b>8.30</b> River. <b>9.40</b> Talking Heads. <b>10.25</b> Everyone's A Critic. <b>10.50</b> Louis Theroux: Gambling In Las Vegas. <b>11.55</b> Murder 24/7. <b>12.55am</b> The Games. <b>1.20</b> Diary Of An Uber Driver. <b>1.45</b> ABC News Update. <b>1.50</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Hoot Hoot Go! <b>5.20</b> Sarah &amp; Duck. <b>5.30</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Letterkenny. <b>Noon</b> Alcatraz: The Search For The Truth. <b>1.30</b> WorldWatch. <b>2.00</b> Cycling. Tour de France. Replay. <b>4.00</b> Lee Lin Chin's Fashionista. <b>4.15</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.35</b> 8 Out Of 10 Cats. <b>8.30</b> Celebrity Letters And Numbers. <b>9.35</b> Shoresy. (Final) <b>10.10</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> Inside The Crown: Secrets Of The Royals. <b>1.00</b> Million Dollar Minute. <b>2.00</b> Sydney Weekender. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Heartbeat. <b>8.30</b> Lewis. <b>10.30</b> Frankie Drake Mysteries. <b>11.30</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> TV Shop. <b>7.00</b> Creflo. <b>7.30</b> TV Shop. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Australia's Top Ten Of Everything. <b>1.00</b> The Young And The Restless. <b>2.00</b> Great Barrier Reef: A Living Treasure. <b>3.00</b> Antiques Roadshow. <b>3.30</b> <b>MOVIE:</b> Geordie. (1955) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> As Time Goes By. <b>8.50</b> Midsomer Murders. <b>11.00</b> Late Programs.</p>	<p><b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Big Bang Theory. <b>8.00</b> The King Of Queens. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>11.00</b> The Unicorn. <b>1pm</b> Frasier. <b>2.00</b> Becker. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>6.30</b> Neighbours. <b>7.30</b> Friends. <b>8.00</b> The Big Bang Theory. <b>11.05</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.00</b> Shopping. <b>1.30</b> Late Programs.</p>
<p><b>NITV (34)</b> <b>6am</b> Morning Programs. <b>1pm</b> Spirit Talker. <b>1.30</b> Karla Grant Presents. <b>2.00</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Bushwhacked! <b>3.25</b> The Magic Canoe. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> Te Ao With Moana. <b>6.00</b> Bamay. <b>6.30</b> News. <b>6.40</b> Arctic Secrets. <b>7.30</b> Planet Expedition. <b>8.30</b> Yokayi Footy. <b>9.25</b> Ningla A-Na. <b>10.55</b> Late Programs.</p>	<p><b>SBS WORLD MOVIES (32)</b> <b>6am</b> Morning Programs. <b>9.00</b> The Red Turtle. (2016, PG, No dialogue) <b>10.30</b> Mr Stein Goes Online. (2018, M, French) <b>12.25pm</b> Perfect 10. (2019, M) <b>1.55</b> Monkey King: The Hero. (2016, PG) <b>3.30</b> Traffic. (1971, French) <b>5.20</b> Mon Oncle. (1958, French) <b>7.30</b> The Man In The Basement. (2021, M, French) <b>9.40</b> In The House. (2012, MA15+, French) <b>11.40</b> Late Programs.</p>	<p><b>7MATE (74)</b> <b>6am</b> Morning Programs. <b>11.00</b> A Football Life. <b>Noon</b> Jade Fever. <b>12.30</b> <b>MOVIE:</b> Batman Forever. (1995, PG) <b>3.00</b> Pawn Stars. <b>3.30</b> Shipping Wars. <b>4.00</b> Al McGlashan's Fish'n With Mates. <b>4.30</b> Barter Kings. <b>5.30</b> Storage Wars: TX. <b>6.00</b> American Pickers. <b>7.00</b> Pawn Stars. <b>7.30</b> The Simpsons. <b>8.30</b> Family Guy. <b>9.00</b> American Dad! <b>9.30</b> Pizza Classics. <b>10.00</b> Family Guy. <b>10.30</b> American Dad! <b>11.00</b> Late Programs.</p>	<p><b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>Noon</b> The Six Million Dollar Man. <b>1.00</b> Buck Rogers. (Premiere) <b>2.00</b> SeaQuest 2032. <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> 3rd Rock. <b>6.30</b> That '70s Show. <b>7.00</b> Young Sheldon. <b>7.30</b> <b>MOVIE:</b> Sully. (2016, M) <b>9.30</b> <b>MOVIE:</b> World Trade Center. (2006, M) <b>Midnight</b> 90 Day Fiancé: Before The 90 Days. <b>1.00</b> Love After Lockup. <b>2.00</b> Late Programs.</p>	<p><b>10 BOLD (53, 12)</b> <b>6am</b> Home Shopping. <b>8.00</b> The Doctors. <b>9.00</b> Escape Fishing With ET. <b>9.30</b> iFish. <b>10.00</b> Star Trek: The Next Generation. <b>Noon</b> NCIS. <b>1.00</b> Walker, Texas Ranger. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>6.30</b> MacGyver. <b>7.30</b> NCIS. <b>8.30</b> NCIS: Los Angeles. <b>10.20</b> Blood And Treasure. <b>11.15</b> Evil. <b>12.15am</b> Shopping. <b>1.45</b> Infomercials. <b>2.15</b> Late Programs.</p>



Thursday, July 14

<p><b>ABC TV (2)</b></p> <p><b>6.00</b> News Breakfast. <b>9.00</b> ABC News Mornings. <b>10.00</b> Back Roads. (R) <b>10.30</b> That Pacific Sports Show. (R) <b>11.00</b> Nigel Slater's Middle East. (R) <b>12.00</b> ABC News At Noon. <b>1.00</b> Gruen. (R) <b>1.35</b> The Weekly With Charlie Pickering. (Final, R) <b>2.05</b> The Durrells. (PG, R) <b>2.55</b> Grand Designs New Zealand. (R) <b>3.45</b> Think Tank. (PG, R) <b>4.40</b> Tenable. (R) <b>5.30</b> Hard Quiz. (PG, R)</p>	<p><b>SBS (3)</b></p> <p><b>6.00</b> WorldWatch. <b>7.00</b> Tour de France. Stage 11. <b>8.05</b> WorldWatch. <b>9.00</b> Cook Up Bitesize. (R) <b>9.05</b> Make Me A Dealer. <b>10.00</b> Paddington Station 24/7. <b>11.00</b> Tour de France. Stage 11. <b>1.00</b> WorldWatch. <b>2.00</b> Destination Flavour China. (R) <b>2.10</b> Small Business Secrets. (R) <b>2.40</b> French Voyages. (R) <b>3.30</b> The Cook Up. (R) <b>4.00</b> Jeopardy! <b>4.30</b> Letters And Numbers. (R) <b>5.00</b> Tour de France. Stage 11.</p>	<p><b>SEVEN (7)</b></p> <p><b>6.00</b> Sunrise. <b>9.00</b> The Morning Show. (PG) <b>11.30</b> Seven Morning News. <b>12.00</b> <b>MOVIE:</b> The Wife He Met Online. (2012, Msv, R) <b>2.00</b> Kochie's Business Builders. <b>2.30</b> Border Patrol. (PG, R) <b>3.00</b> The Chase. (R) <b>4.00</b> Seven News At 4. <b>5.00</b> The Chase Australia.</p>	<p><b>NINE (8, 9)</b></p> <p><b>6.00</b> Today. <b>9.00</b> Today Extra. (PG) <b>11.30</b> Morning News. <b>12.00</b> <b>MOVIE:</b> The Clue To Love. (2021, PGa) Rachel Bles, Travis Milne, Richard Fitzpatrick. <b>1.45</b> 9 Honey: Queen Elizabeth II. (PGa) <b>2.00</b> Pointless. (PG) <b>3.00</b> Tipping Point. (PG) <b>4.00</b> Afternoon News. <b>4.30</b> Millionaire Hot Seat. <b>5.30</b> WIN News.</p>	<p><b>TEN (5, 1)</b></p> <p><b>6.00</b> The Talk. (PGa) <b>7.00</b> Judge Judy. (PG, R) <b>7.30</b> The Bold And The Beautiful. (R) <b>8.00</b> 10 News First: Breakfast. <b>8.30</b> Studio 10. (PG) <b>12.00</b> Dr Phil. (PGadl, R) <b>2.00</b> Entertainment Tonight. <b>2.30</b> Farm To Fork. (PG, R) <b>3.00</b> Judge Judy. (PG, R) <b>3.30</b> My Market Kitchen. <b>4.00</b> Everyday Gourmet With Justine Schofield. <b>4.30</b> The Bold And The Beautiful. <b>5.00</b> 10 News First.</p>
<p><b>6.00</b> The Drum. <b>6.55</b> Sammy J. (PG) <b>7.00</b> ABC News. <b>7.30 7.30.</b> <b>8.00</b> Foreign Correspondent. (R) A look at the decline of the insect population. <b>8.30</b> Q+A. Public affairs program. <b>9.35</b> Rosie Batty's One Plus One: Di Morrissey. (R) Rosie chats to bestselling author Di Morrissey. <b>10.05</b> ABC Late News. <b>10.20</b> The Business. (R) <b>10.35</b> Carbon: The Unauthorised Biography. (PG, R) <b>12.05</b> Baptiste. (Malv, R) <b>1.00</b> Total Control. (Mal, R) <b>2.55</b> The Durrells. (PG, R) <b>3.40</b> Rage. (MA15+adhlnsv) <b>4.25</b> The Drum. (R) <b>5.20</b> Sammy J. (PG, R) <b>5.25</b> 7.30. (R)</p>	<p><b>6.00</b> Mastermind Australia. (R) Presented by Jennifer Byrne. <b>6.30</b> SBS World News. <b>7.30</b> Scenic Coastal Walks With Kate Humble: Kent. (PG) Kate follows the white cliffs of Dover. <b>8.20</b> Stacey Dooley: Inside The Convent. (R) Stacey Dooley spends 10 days living alongside the nuns of St Hilda's Priory in Whitby. <b>9.30</b> Cycling. Tour de France. Stage 12. Briancon to Alpe d'Huez. 165.5km mountain stage. From France. <b>2.00</b> In Therapy. (Mas, R) <b>2.25</b> Vikings. (MA15+v, R) <b>4.05</b> Huang's World. (Malw, R) <b>4.55</b> Destination Flavour: Japan Bitesize. (R) <b>5.00</b> NHK World English News Morning. <b>5.30</b> ANC Philippines The World Tonight.</p>	<p><b>6.00</b> Seven Local News. <b>6.30</b> Seven News. <b>7.00</b> Home And Away. (PGav) <b>8.30</b> Conjoined Twins. (PGa, R) Explores the world of conjoined twins, discovering how families cope with the extraordinary circumstance of being parents to the rarest of babies, one of every 200,000 live births. <b>10.30</b> The Latest: Seven News. <b>11.00</b> The Front Bar. (M) Takes a lighter look at all things AFL. <b>12.00</b> <b>MOVIE:</b> Running Home. (1999, Mv, R) A street kid becomes involved in smuggling. Claudia Christian, Kristian Ayre. <b>2.00</b> Home Shopping. (R) <b>4.00</b> NBC Today. News and current affairs. <b>5.00</b> Seven Early News. <b>5.30</b> Sunrise.</p>	<p><b>6.00</b> Nine News. <b>7.00</b> A Current Affair. <b>7.30</b> My Way. The team heads to Savannah Way, Queensland. <b>8.30</b> Paramedics. (Ml, R) Paramedics battle traffic to save a child and have a hair-raising encounter with a dog-bite victim. <b>9.30</b> New Amsterdam. (Mam) New Amsterdam is hit by a ransomware attack. <b>10.30</b> Nine News Late. <b>11.00</b> The Equalizer. (Mav) <b>11.50</b> Cold Case: New Leads Wanted. (Mad, R) <b>12.40</b> Tipping Point. (PG, R) <b>1.30</b> TV Shop: Home Shopping. (R) <b>2.30</b> Global Shop. (R) <b>3.00</b> TV Shop: Home Shopping. (R) <b>4.00</b> Believer's Voice Of Victory. (PGa) <b>4.30</b> A Current Affair. (R) <b>5.00</b> News Early Edition. <b>5.30</b> Today.</p>	<p><b>6.30</b> The Project. A look at the day's news and events. <b>7.30</b> The Dog House Australia. (PGa) Narrated by Dr Chris Brown. <b>8.30</b> Law &amp; Order: SVU. (Ma) Garland asks Benson to reopen a missing person case he was working on as a rookie officer on the day of 9/11. A victim in one of Carisi's recent cases is busted for theft, but the arrest proves unethical. <b>9.30</b> To Be Advised. <b>11.30</b> The Project. (R) <b>12.30</b> The Late Show With Stephen Colbert. (PG) <b>1.30</b> Home Shopping. (R) <b>3.30</b> Infomercials. (PG, R) <b>4.30</b> CBS Mornings.</p>
<p><b>ABC TV PLUS (22)</b> <b>6am</b> Children's Programs. <b>7.10pm</b> Grace's Amazing Machines. <b>7.30</b> Spicks And Specks. <b>8.30</b> Would I Lie To You? <b>9.00</b> Gruen. <b>9.35</b> The Weekly With Charlie Pickering. (Final) <b>10.05</b> Q! <b>10.40</b> Mock The Week. <b>11.10</b> Doctor Who. <b>11.55</b> Live At The Apollo. <b>12.45am</b> Would I Lie To You? <b>1.45</b> The Games. <b>2.10</b> Black Mirror. (Final) <b>3.20</b> ABC News Update. <b>3.25</b> Close. <b>5.00</b> Clangers. <b>5.15</b> Late Programs.</p>	<p><b>SBS VICELAND (31)</b> <b>6am</b> WorldWatch. <b>8.40</b> Alone. <b>9.30</b> Shortland St. <b>11.00</b> Letterkenny. <b>11.30</b> Wellington Paranormal. <b>Noon</b> Devoured. <b>12.45</b> One Armed Chef. <b>1.35</b> WorldWatch. <b>2.00</b> Tour de France. <b>4.00</b> Fashionista. <b>4.15</b> WorldWatch. <b>5.15</b> Shortland St. <b>5.45</b> Joy Of Painting. <b>6.15</b> Forged In Fire. <b>7.05</b> Jeopardy! <b>7.30</b> News. <b>7.35</b> 8 Out Of 10 Cats. <b>8.35</b> Dark Side Of The '90s. <b>9.30</b> Inside The World's Toughest Prisons. <b>10.25</b> Late Programs.</p>	<p><b>7TWO (72)</b> <b>6am</b> Home Shopping. <b>6.30</b> Travel Oz. <b>8.00</b> Harry's Practice. <b>8.30</b> Million Dollar Minute. <b>9.30</b> NBC Today. <b>Noon</b> Inside The Crown: Secrets Of The Royals. <b>1.00</b> Million Dollar Minute. <b>2.00</b> My Italian Family. <b>2.30</b> Sons And Daughters. <b>4.30</b> Emmerdale. <b>5.00</b> Coronation Street. <b>5.30</b> Escape To The Country. <b>6.30</b> Bargain Hunt. <b>7.30</b> Father Brown. <b>8.30</b> Murdoch Mysteries. <b>11.30</b> Late Programs.</p>	<p><b>9GEM (81, 92)</b> <b>6am</b> TV Shop. <b>7.00</b> Creflo. <b>7.30</b> TV Shop. <b>10.30</b> Pointless. <b>11.30</b> My Favorite Martian. <b>Noon</b> Australia's Top Ten Of Everything. <b>1.00</b> The Young And The Restless. <b>2.00</b> Great Barrier Reef: A Living Treasure. <b>3.05</b> Antiques Roadshow. <b>3.35</b> <b>MOVIE:</b> Carry On Cabby. (1963, PG) <b>5.30</b> Murder, She Wrote. <b>6.30</b> Antiques Roadshow. <b>7.30</b> New Tricks. <b>8.40</b> <b>MOVIE:</b> The Silence Of The Lambs. (1991, MA15+) <b>11.05</b> Late Programs.</p>	<p><b>10 PEACH (52, 11)</b> <b>6am</b> The Late Show With Stephen Colbert. <b>7.00</b> The Big Bang Theory. <b>8.00</b> The King Of Queens. <b>9.00</b> Becker. <b>10.00</b> The Middle. <b>Noon</b> The Living Room. <b>1.00</b> Frasier. <b>2.00</b> Becker. <b>3.00</b> The King Of Queens. <b>4.00</b> Becker. <b>5.00</b> Frasier. <b>6.00</b> Friends. <b>6.30</b> Neighbours. <b>7.30</b> Friends. <b>8.00</b> The Big Bang Theory. <b>9.30</b> Seinfeld. <b>11.00</b> Frasier. <b>Midnight</b> Shopping. <b>12.30</b> Infomercials. <b>1.30</b> Late Programs.</p>
<p><b>NITV (34)</b> <b>6am</b> Morning Programs. <b>2pm</b> Shortland St. <b>2.30</b> Cooking Hawaiian Style. <b>3.00</b> Jarjums. <b>3.50</b> Wolf Joe. <b>4.00</b> Aussie Bush Tales. <b>4.10</b> Grace Beside Me. <b>4.35</b> Molly Of Denali. <b>5.00</b> Our Stories. <b>5.30</b> The 77 Percent. <b>6.00</b> Bamay. <b>6.30</b> News. <b>6.40</b> Arctic Secrets. <b>7.30</b> Going Places With Ernie Dingo. <b>8.00</b> Off Country. <b>8.30</b> <b>MOVIE:</b> Bank Robber. (1993, MA15+) <b>10.10</b> Jasper And Errol's First Time. <b>10.40</b> Late Programs.</p>	<p><b>SBS WORLD MOVIES (32)</b> <b>6am</b> Morning Programs. <b>10.40</b> The ABCs Of Love. (2020, M, French) <b>12.20pm</b> Beautiful Lies. (2010, M, French) <b>2.15</b> Beauty And The Beast. (2014, PG, French) <b>4.20</b> The Red Turtle. (2016, PG, No dialogue) <b>5.50</b> Little Nicolas. (2009, PG, French) <b>7.30</b> Bye Bye Morons. (2020, M, French) <b>9.10</b> Between Two Worlds. (2021, French) <b>11.10</b> Late Programs.</p>	<p><b>7MATE (74)</b> <b>6am</b> Morning Programs. <b>10.00</b> America's Game. <b>11.00</b> A Football Life. <b>Noon</b> Simpsons. <b>12.25</b> <b>MOVIE:</b> Batman &amp; Robin. (1997, PG) <b>3.00</b> Pawn Stars. <b>3.30</b> Shipping Wars. <b>4.00</b> Al McGlashan's Fish'n With Mates. <b>4.30</b> Barter Kings. <b>5.30</b> Storage Wars: TX. <b>6.00</b> American Pickers. <b>7.00</b> Pawn Stars. <b>7.30</b> <b>MOVIE:</b> Alien Vs Predator. (2004, M) <b>9.30</b> <b>MOVIE:</b> Aliens Vs Predator: Requiem. (2007, MA15+) <b>11.30</b> Late Programs.</p>	<p><b>9GO! (82, 93)</b> <b>6am</b> Children's Programs. <b>Noon</b> The Six Million Dollar Man. <b>1.00</b> Buck Rogers. <b>2.00</b> SeaQuest 2032. (Final) <b>3.00</b> The Nanny. <b>3.30</b> 3rd Rock. <b>4.00</b> That '70s Show. <b>4.30</b> Raymond. <b>5.30</b> The Nanny. <b>6.00</b> 3rd Rock. <b>6.30</b> That '70s Show. <b>7.00</b> Young Sheldon. <b>8.30</b> <b>MOVIE:</b> Hellboy II: The Golden Army. (2008, M) <b>10.45</b> Young Sheldon. <b>11.10</b> Up All Night. <b>11.40</b> Raymond. <b>12.10am</b> Late Programs.</p>	<p><b>10 BOLD (53, 12)</b> <b>6am</b> Infomercials. <b>8.00</b> The Doctors. <b>9.00</b> Escape Fishing With ET. <b>9.30</b> iFish. <b>10.00</b> Star Trek: The Next Generation. <b>Noon</b> NCIS. <b>1.00</b> Walker, Texas Ranger. <b>3.00</b> Cheers. <b>3.30</b> The Love Boat. <b>4.30</b> Star Trek: The Next Generation. <b>5.30</b> MacGyver. <b>6.30</b> Bondi Rescue. <b>7.00</b> Soccer. Queensland Champions Cup. Brisbane Roar v Leeds United. <b>10.00</b> Bull. <b>11.00</b> Late Programs.</p>



# On Demand



**Dinner Guest**



**Time to Die**



**Courtney's Closet**



**The Bush Blonde Vs The World**



**Abbie Chats**



**The Love Experiment**

## PILOT SHOWCASE Streaming, 10 Play



After a two-year hiatus thanks to the you-know-what, Network 10's annual opportunity for fresh formats, new ideas and impressive televisual experiments is back. Previous success stories include *Kinne Tonight*, *Drunk History Australia* and – for better or worse – *Trial By Kyle*. It's like speed dating for TV shows. **Dinner Guest**, featuring *MasterChef*'s Melissa Leong, Susan Carland and Narelda

Jacobs, feels like a catch-up with old friends. Journalist Patricia Karvelas is their first guest – the illuminating dinner discussion delves into the challenges in all four women's lives. **Time to Die** dares two comedians to write the worst possible stand-up sets for each other, before performing them to an unwitting live audience. Just how low can they go? Drag superstar Courtney Act hosts **Courtney's Closet** – a celebrity interview show with a transformation twist. The pilot sees comedian Luke McGregor open up in an

intimate one-on-one while Act crafts a bespoke drag persona befitting of his personal journey. The stirring selection has something for everyone – Nikki Osborne follows in Russell Coight's footsteps in **The Bush Blonde Vs The World**, while Abbie Chatfield investigates both sides of a polarising topic in **Abbie Chats**. Rounding out the action is **The Love Experiment**, a dating show where strangers share the most vulnerable conversation of their lives. All six thought-provoking shows are set to leave an impact. – **Lauren Mitchell**



## MURDER IN PROVENCE Streaming, BritBox



Life in the picturesque south of France is an idyllic existence for Chief Magistrate Antoine Verlaque and his partner Marine Bonnet (Roger Allam and Nancy Carroll, both pictured). However, as the title suggests, not everything is peachy. When there's a murder at the local university, the couple put their weekend getaway plans on hold to investigate.



## NUDE TUESDAY Streaming, Stan



This quirky Kiwi comedy tells the story of a middle-aged couple (Jackie van Beek and Damon Herriman, both pictured) who stay at a remote retreat to try and save their marriage. The dialogue is entirely gibberish, but there's several hilarious versions of the subtitles – written by comics Celia Pacquola, Ronny Chieng and Julia Davis – to enjoy.



## WARRIORS ON THE FIELD Streaming, from Friday, Prime Video



Featuring the deeply personal and poignant stories of AFL players Michael "Sonny" Walters, Tarryn Thomas and Swans great Michael O'Loughlin (pictured, right, with Walters), this insightful doco highlights the cultural connection Indigenous talents find in the game and the unique challenges they face every day.



## BLACK BIRD Streaming, from Friday, Apple TV+



Staring down a 10 year prison sentence, a decorated policeman's son is given the choice of a lifetime. This series is inspired by the real story of Jimmy Keene (Taron Egerton, pictured), who wagered his freedom and entered a facility for the criminally insane to befriend a suspected serial killer (a haunting Paul Walter Hauser) in an effort to elicit a confession.



## MOONHAVEN Streaming, AMC+



Set in a seemingly utopian moon colony, this striking sci-fi series grows increasingly perilous with each scene. Starring Emma McDonald, Dominic Monaghan (pictured), Amara Karan and Joe Manganiello, it's centred on Bella (McDonald), a lunar cargo pilot and smuggler who is accused of a serious crime and teams with a local detective to clear her name.



# Send us your baby & wedding pictures

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# Gardening

Neil Fisher



Bougainvillea Raspberry Ice.



Ixora Pink Malay Barcaldine

## A winter rainforest cactus

The shorter days and longer nights of July act as a trigger to flower for many plants.

The best-known plant would be the Zygocactus.

The blooms of this cascading plant can brighten even the dullest winter day.

The Zygocactus, or as it should be correctly known as Schlumbergera, has been a popular bush house plant in Central Queensland for more than 50 years.

A visit to any of our regional shows this year revealed many healthy flowering specimens in the horticultural pavilions.

The Zygocactus is also known by the common names, Christmas Cactus or Crab Cactus.

When it comes to flowering, Zygocactuses are available in just about every shade imaginable, from the traditional pale lilacs and pinks to bright shades of oranges and reds, and just about every colour in between, including bicoloured varieties.

Many of the new hybrid varieties now available will flower all year round.

Just after these plants stop flowering, there is a resting period for a few weeks where it is extremely important that the plant does not receive too much water. By the time spring arrives, the plant will start to regrow, and this is the best time to fertilise and repot.

During summer, they should be watered regularly and protected from direct sunlight.

At the end of summer, the plant should be positioned in an area of good light to guarantee plenty of well-shaped blooms during the winter season.

For plants in hanging baskets, it is also important to occasionally turn the baskets around to enable even growth around the basket.

The Zygocactus originates from Brazil, where they grow as epiphytes (the horticultural equivalent of an animal tick) on many of the rainforest trees or even on stony ledges found in an area of the Organ Mountains, surrounding Rio De Janiero.

First commercially cultivated in Europe, their winter flowering gave them one of their common names.

That name was the Christmas Cactus, due to their heavy flowering during the Christmas season. The other common name of Crab Cactus refers to the flattened, jointed stems that resemble a crabs claw.

Zygocactus are generally easy to grow and make an ideal basket plant, with its arching pendent stems cascading over the edge of the hanging basket and a multitude of flowers, each appearing on the ends of the stems.

Many enthusiasts will suggest that the more root-bound the plant is, the better the flower-



Ixora Pigmy Pink not growing well in Tambo.

ing, but it is also important to ensure the roots don't block any of the drainage holes in the container as this will cause the pot to fill up with water and drowning the plant.

A tell-tale sign is the plant appearing limp and discoloured.

### Transplanting shrubs during winter

Winter is the best time to move any shrubs or small trees that are not doing as well as they should in their present position.

Added to this is the wonderful rain that we have had over the last week gives an even better opportunity for success in transplanting.

Ailing evergreens, especially Ixora, often grow a whole lot better after they have been transplanted from a spot where they have not

been doing well. Fortunately, Ixora doesn't have deep root systems, but they do have a wide surface root system.

Lift the plants by first using the shovel to dig a line around the drip-line of the plant, making as clean a cut in the ground as possible, then working the spade deeper and under the root structure.

Once the root ball can be lifted out, make a similar-sized hole in the new position to take the plant.

It will need to be a fraction wider than the root ball so that plenty of good soil can be worked in, around and below the old roots.

Soak liberally once the plant has been shifted to the new hole, but do not feed any fertil-



Zygocactus flower resembles a crab's claw.



Zygocactus flowering in Longreach.

iser at this stage.

Other evergreens, such as Bougainvillea, that might need to be moved should be pruned back well, even if they are in bud.

This applies particularly to large plants, where it is necessary to reduce the root system. As a general rule, top growth should be reduced to a similar proportion to the root system.

By the time we start getting warmer spring weather, the transplanted shrubs should be in a good position to start producing masses of new growth foliage, and extending their root system.

This would be the time to use a good organic fertiliser.





Sophie Cutting loves attending the Rockhampton Junior Beef Show.



Reid and Beau Surawski from Theodore.

# 30 years of Cattle Show

By Khrysti Balanay

The Rockhampton Junior Beef Show has been a jam-packed three days with strong attendance to mark its 30th year.

The show has become a popular attraction for kids during the June-July school holidays, with 130 participants from Queensland and New South Wales showing 150 head of cattle.

Sophie Cutting, 15, said she has been attending the show since 2016 and “has fallen in love with it ever since.”

“The event is such a good opportunity for kids to get in and have a go,” she said.

“I like going out there and taking the younger kids under my wing by showing them what to do.

“It gives me the opportunity to be responsible and be a role model, which is a good feeling.

“After I graduate, I hope to study agricultural science or go up north and do cattle work on a property.”

Coming from Theodore, Beau Surawski works with his in-laws on a property and has a little hobby herd where he has encouraged his children to help break the cattle in.

“It’s the first year we have attended with my oldest boy competing, but my wife participated in this event when she was a teenager,” he said.

“We bought four steers this week, which my older son and Sophie helped show.

“Shows like these keep kids involved in the beef industry and help them develop their skills; everyone is here to help and share what they know.”

Wendy Cole, President of the Brahman Association, said, “the show not only provides education but also starts lifelong friendships.”

“On the first day, we have an educational program where we try to do something different each year. This year was a public speaking workshop,” she said.

“We have kids from 5 to 25 years old being taught the new technology and knowledge occurring in the industry.

“Events like this wouldn’t be possible without committee members, four of which were original members from 30 years ago.

“Also to our sponsors and everyone else who helps out on the day to help support the kids.”

## Cattle is star of the show

The Rockhampton Junior Beef Show was held over three days at the Rockhampton Showgrounds with participants from all over Queensland and New South Wales. See some of the photos taken at the show.



Jaxson Dodson parading Tom with a H.



Bridie Heeson parading Pepe La Pew.



Alex Olive with Apis Creek A Freddy.



Ryan Jones with King Julian.



Aaron Hite parading Ralph.



Mckinley Cox parading Stuart.



Lachlan Donoghue with Bosko.



George Tucker with Toto.



Piper Christensen with Wiley Coyote.



Tilly Chapman with Kevin.



Holly Ahern with Barge.





# Plan to decarbonise

By Nick Gibbs, AAP

Feed that can reduce methane from livestock, and a greener approach to fertiliser are among the measures Queensland is investigating to reduce emissions in agriculture.

As part of a state-wide commitment to net-zero emissions by 2050, a draft roadmap has been released outlining how the industry can reach its targets.

“By 2032 we expect the agriculture, fisheries and forestry supply chains will be well on the way to lower emissions production, with the ultimate goal of a net-zero emissions economy by 2050 well in sight,” Agriculture Minister Mark Furner said on Wednesday.

In 2018, emissions from the sector contributed 21.2 million tonnes of carbon dioxide

equivalent, or 12 per cent of Queensland’s total emissions, according to a State of the Environment report released in September last year.

They increased by one per cent between 2005 and 2018, mainly due to emissions associated with beef cattle.

Queensland’s agribusiness and food sector is expected to add about \$23.54 billion to the state’s economy in 2021/22, the roadmap says.

It employs more than 365,000 people across the supply chain, and accounts for more than 13 per cent of Queensland’s exports.

To achieve the required reductions, the roadmap points to advancements in livestock feed and fertiliser for crops.

It flags investment in feed and supplements that reduce methane produced by animals in the meat and dairy industries, and the devel-

opment of green ammonia for fertiliser.

The roadmap also seeks to engage with Australia’s Clean Energy Regulator to increase carbon farming options for the state’s producers.

The risk of carbon farming can be managed with the government providing greater regulatory certainty, it says.

More training will be needed so landholders can access advice on the merits of selling or retaining carbon credit units.

“The roadmap’s priorities are to ensure food security and the economic stability of our food and fibre producing regions while actively transitioning to low emissions agriculture,” Mr Furner said.

Feedback on the draft will be open until 10 August.

## First sheep sustainability report card

The first annual report of the Sheep Sustainability Framework (SSF) will be released at the Australian Sheep and Wool Show in Bendigo on 15 July, to deliver a transparent and data-driven snapshot of the sustainability performance of the nation’s sheep and wool industry.

Launched in April 2021, the SSF is the world’s first framework of its type for sheep and wool and was developed to clearly define sustainable production, prioritise industry issues and measure industry performance against relevant ethical, environmental, social and economic measures.

SSF Sustainability Steering Group (SSG) Chair and respected livestock veterinarian, Dr Scott Williams, said the Annual Report would help the industry better to understand its opportunities, challenges, successes, and impacts while allowing it to demonstrate its commitment to sustainable production and continual improvement.

“Australia has taken a globally significant leadership role in sustainable sheep and wool

production by developing the first framework of this type,” Dr Williams said.

“The SSF will help industry capture a thorough, data-driven understanding of how we are performing, and we are excited to share the first Annual Report with our consumers, customers and value chains.

“This is an important moment for Australian sheep and wool businesses and one that will help to inform and support future priorities and investment to deliver on our vision of sustainably producing the world’s best sheep meat and wool, now and into the future.”

The SSF is underwritten by 41 indicators spanning the four key themes of “caring for our sheep”, “enhancing the environment and climate”, “looking after our people, our customers and the community”, and “ensuring a financially resilient industry”.

Over the past 12 months, data has been collected to inform the Annual Report through projects including a national animal husbandry survey, lifecycle analysis and the development of a sheep grazing seasonal

groundcover model using satellite data.

Dr Williams said it was fitting the first Annual Report be presented at the Australian Sheep and Wool Show – the largest event of its type in the world.

“In addition to presenting the Annual Report, our launch event will include an address from Chair of the Sheep Sustainability Framework Board and well-known industry leader, Lucinda Corrigan,” Dr Williams said.

“There will also be a panel discussion on the interconnectivity between climate change, biosecurity, and market access with commentary from Professor Richard Eckard (University of Melbourne), Dr Andrew Whale (Australian Veterinary Association), Laura Timmins (Department of Agriculture, Water and Environment), Bonnie Skinner (Sheep Producers Australia) and Jo Hall (WoolProducers Australia).

“Of course, we’ll also serve a lunch of premium and sustainably produced Australian lamb.”

## Wool market’s back on the decline

This week marked the final sale of the 2021/22 wool selling season and after three weeks of consecutive rises, the Australian wool market has been unable to continue its upward path, instead of recording an overall loss, driven by falls in the merino fleece types.

After a non-sale week in the previous series, Fremantle returned to the selling roster, pushing the national offering up to 43,055 bales.

At the conclusion of the series, the total amount of wool put through the auction system totalled 1,861,928 bales, this was 122,766 more bales than the previous season, an increase of 7.1 per cent.

Across the country, the individual merino

Micron Price Guides (MPGs) across the country fell by between 5 and 125 cents.

The result of these falls was a 44 cent drop in the AWEX Eastern Market

Indicator (EMI) for the week, this was the largest weekly fall in the EMI since August 2021.

Interestingly, the drop is within one cent of the 45 cent fall in the EMI at the final sale of last season.

The EMI closed the week and the season at 1,430 cents.

Over the past 12 months, the EMI has risen by 7 cents, a small 0.5 per cent increase.

This is compared to the 313 cent rise in the EMI over the 2020/21 season.

The total dollar amount sold for the 2021/22 season finished well above the previous year.

This season the total value of wool sold was \$2,619.57 million, compared to \$2,246.72 million last season, an increase of \$372.85 million.

Next week is the first sale of the 2022/23 wool selling season, this sale is traditionally one of the largest of the year, as sellers wanting to offer in the new financial year take the first opportunity.

This year is no different and currently, there are expected to be 52,182 bales on offer in Sydney, Melbourne and Fremantle.

## Lowering methane

Lowering methane emissions through the use of Asparagopsis seaweed as a feed supplement has become a reality, following its first commercial sale earlier this month, according to Meat & Livestock Australia (MLA) and FutureFeed.

The first commercial sale of Asparagopsis feed supplement in Australia by CH4 Global is a significant step forward for the industry. This comes following the discovery that adding a small amount of Asparagopsis seaweed to a ruminant’s existing feed can reduce their methane emissions by over 80 per cent.

The importance of this discovery toward carbon neutrality by 2030 (CN30) has resulted in industry participants working tirelessly to make the product available to producers.

FutureFeed was formed in August 2020 to commercialise the technology developed by Australia’s national science agency CSIRO, together with MLA and James Cook University.

FutureFeed the company, is supported by an impressive group of investors comprising of GrainCorp, Harvest Road Group; Woolworths Group; AGP Sustainable Real Assets; Sparklabs and Cultiv8 Joint Venture.

FutureFeed has issued licenses to seaweed growers which enables the supply of Asparagopsis to the livestock market.

There are currently three licensees in Australia: CH4 Global, Sea Forest and SeaStock.

Beyond licenses, FutureFeed has been busy establishing the foundations for a successful industry.

This includes furthering the foundational science through research, development and trials subjected to rigorous peer review to further support the discovery. Certification standards and a trademark are under development to ensure the robustness and credibility of the value chain.

Cassandra Kelly, Senior Advisor to FutureFeed, said the first commercial sales in Australia completed by CH4 Global was “another significant milestone” in the Asparagopsis journey.

“It’s both inspiring and humbling to reflect on how the industry has managed to engage the brains trust, community and investment support in just under four years to make a product launch like this a reality,” Ms Kelly said.

“Just a few years ago, Asparagopsis was a largely unknown seaweed that was not cultivated in commercial quantities and had very few applications outside of niche cosmetics and as a condiment in Hawaii.

“Now we are seeing a new industry with the capability to support local communities and the creation of jobs whilst working together to make a meaningful impact on methane emissions from livestock.”

CSIRO Chief Executive Dr Larry Marshall said the first commercial sale of FutureFeed was an exciting turning point for translating breakthrough science into solutions.

“CSIRO is proud to have been part of the FutureFeed journey, including going through our revolutionary ON program to accelerate the idea from benchtop to business,” Dr Marshall said.

MLA Managing Director, Jason Strong, said emissions avoidance was a critical component of the red meat industry achieving carbon neutrality by 2030.

“MLA is continuing to work on a range of tools and technologies for producers to cost-effectively reduce emissions and increase productivity by demonstrating environmental stewardship credentials to customers, consumers and the community,” Mr Strong said.

“We are proud to be working alongside FutureFeed in rolling out Asparagopsis to a range of commercial partners. Asparagopsis is one of many exciting tools the industry can embrace in working towards our goal of carbon neutrality at the end of the decade,” Mr Strong said.



## Apricot Chicken

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**2 serves per portion**

### Ingredients

- 1 ½ cups brown rice
- 500g chicken, chopped into chunks
- 3 cloves garlic, chopped
- 1 tablespoon extra virgin olive oil
- 1 red capsicum, de-seeded and sliced
- 1 medium carrot, diced
- 1 medium zucchini, sliced into rings
- 400g can apricots, drained
- 1 packet French onion soup
- 450ml apricot nectar

### Method:

- COOK rice according to instructions on packet.
- PREHEAT oven to 170°C.
- HEAT oil in frypan over medium heat adding chicken and garlic, brown all sides. Remove and sit in oven-proof baking dish.
- ADD capsicum, carrots, zucchini and apricots to the baking dish, stirring through the chicken and garlic.
- BLEND soup mix with ½ cup apricot nectar to form a smooth paste, then mix in remaining apricot nectar. Pour over chicken and vegetables.
- COOK in oven for 30-40 minutes until chicken is cooked.
- SERVE with brown rice.

\* Recipe courtesy of Fiona McKenzie, Brisbane City Nights Branch



\* Recipe courtesy of Yvonne Dalziel, Palmwoods Branch

## Silverbeet, Feta and Potato Pie

**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 35 minutes

**2 ½ serves per portion**

### Ingredients:

- 900g potatoes, parboiled and cooled
- 150g feta cheese, crumbled
- 40g cheddar cheese

### Method:

- PREHEAT oven to 170°C. Line pie dish with baking paper.
- CUT parboiled and cooled potatoes into slices and lay half over the base of the pie dish.
- COMBINE half of the feta cheese with cheddar cheese and sprinkle over potatoes.
- SEASON with pepper and place the remaining sliced potatoes over base layer.
- MIX sour cream, egg, milk, sriracha

- Cracked black pepper
- 3 tablespoons sour cream, reduced fat
- 1 egg
- 3 tablespoons milk, reduced fat
- 1 teaspoon sriracha (hot chilli sauce)
- 1 large bunch of silverbeet, blanched and cooled
- 5 sheets filo pastry, reduced fat

- and remaining feta together in a bowl and pour over potato.
- CUT silverbeet leaves roughly in large pieces and lay over the potatoes.
- SCRUNCH each sheet of filo into a loose ball and place on top of the pie.
- BAKE in preheated oven for 35 minutes or until top is golden and crisp.
- SERVE warm with a side salad.



COMICS

Bottled Fruit



Insert Brain Here



Doodley Squat



WuMo



Against the Grain



Bushy Tales



Swamp



Insanity Streak



Ballard Street



Grin Bin





PUZZLES

SUDOKU No.088

To solve a Sudoku puzzle, every number from 1 to 9 must appear in: each of the nine vertical columns, each of the nine horizontal rows and each of the nine 3 x 3 boxes. Remember, no number can occur more than once in any row, column or box.

easy

5				1		8	3	
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	5	7		3				4

medium

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8				6				
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hard

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easy

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9	6	3						



# WEATHER

## FORECAST

### Warnings

See [www.bom.gov.au/australia/warnings](http://www.bom.gov.au/australia/warnings)

### Longreach:

Partly cloudy. The chance of morning fog. Light winds.

Saturday. Mostly sunny.

### Isisford:

Mostly sunny.

Saturday. Mostly sunny.

### Barcardine:

Mostly sunny.

Saturday. Mostly sunny.

### Central West District:

Partly cloudy. The chance of morning fog. Light winds becoming south to southeasterly 15 to 20 km/h during the morning then becoming light during the afternoon.

Saturday. Mostly sunny. Patches of morning frost in the southeast. Light winds becoming southeasterly 15 to 20 km/h during the morning then tending southerly during the day.

### Northern Goldfields & Upper Flinders District:

Mostly sunny. Light winds becoming southeasterly 15 to 20 km/h during the morning then becoming light during the evening.

### Central Highlands & Coalfields District:

The chance of morning fog. The chance of morning frost in the south. Mostly sunny afternoon. Light winds.

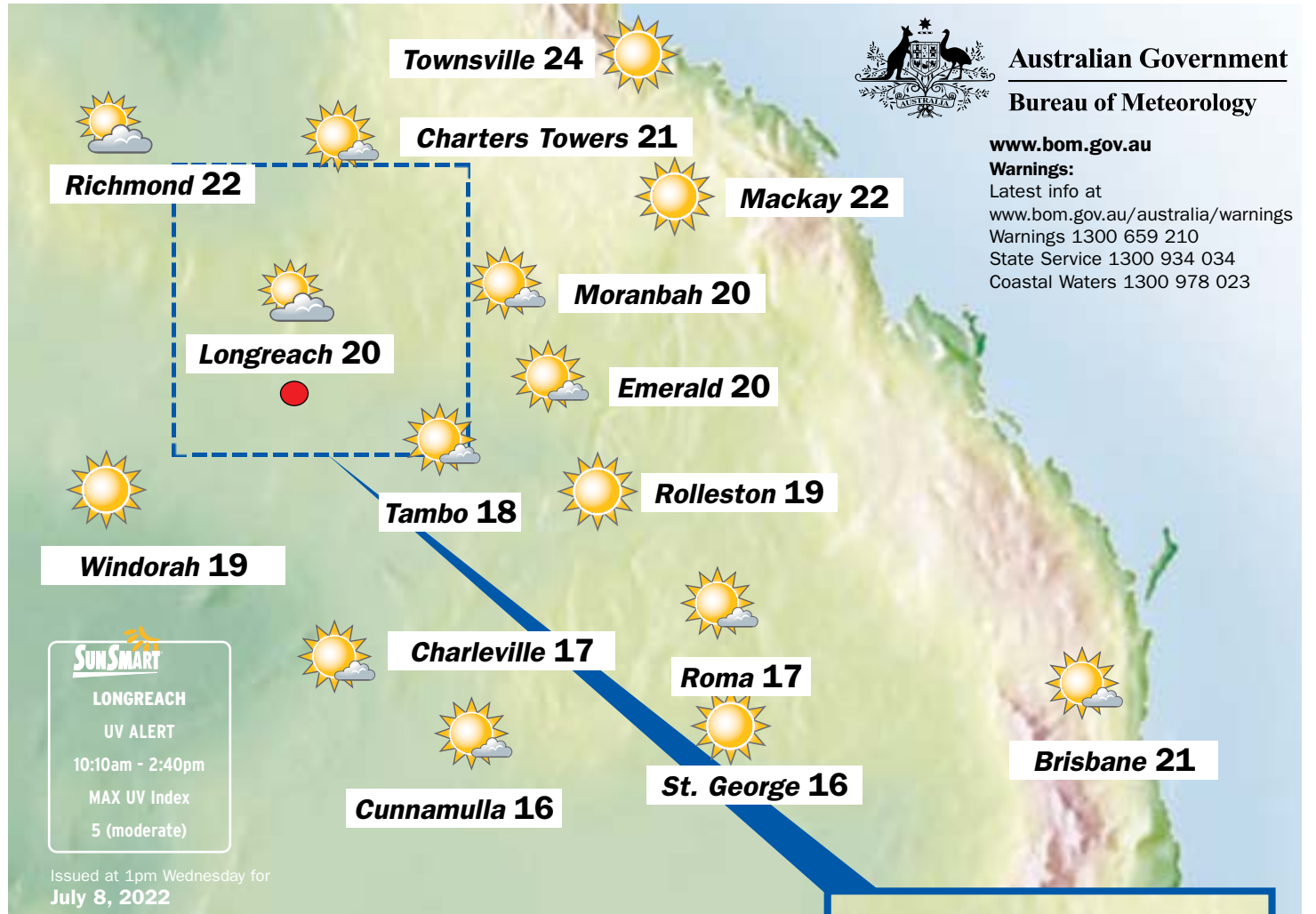
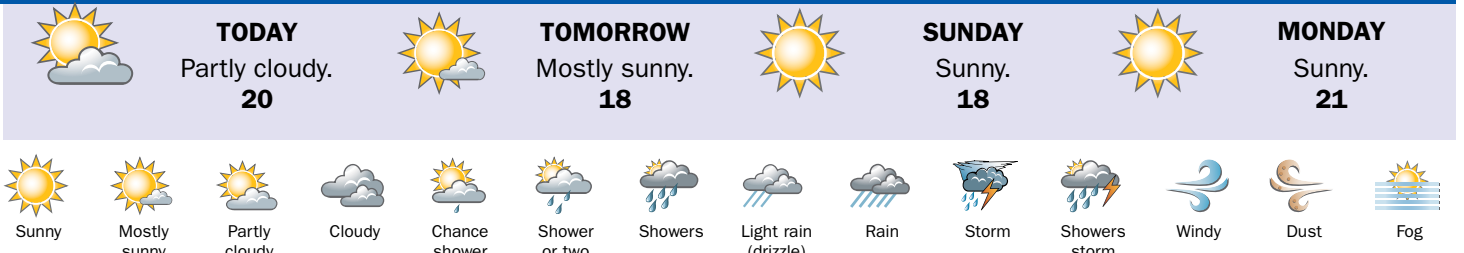
### Maranoa & Warrego District:

Mostly sunny. The chance of fog and frost in the east in the morning. Light winds becoming south to southwesterly 15 to 20 km/h during the morning then becoming light during the afternoon.

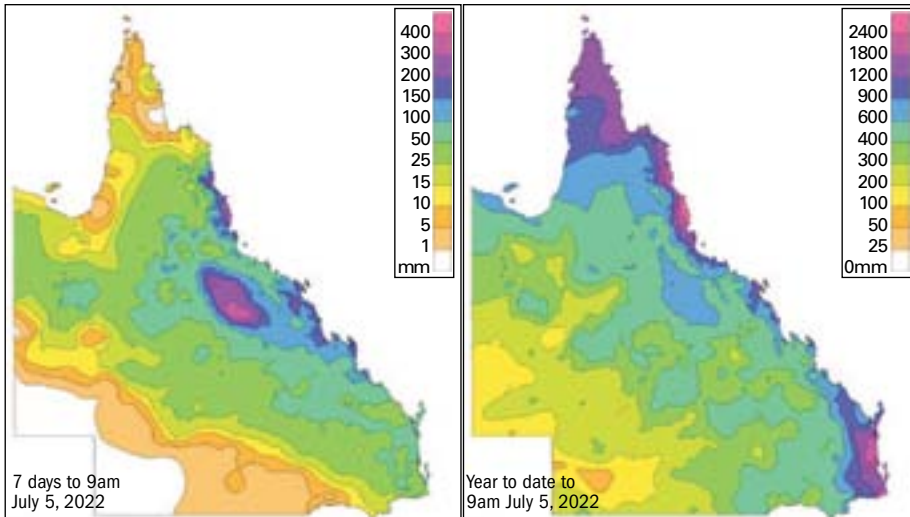
### Queensland:

A high in the Great Australian Bight into the Tasman Sea will maintain a ridge across much of the state. A slight chance of showers in the southeast. Mostly sunny elsewhere. Possible morning fog and frost in southern and central interior. Temperatures near or below average.

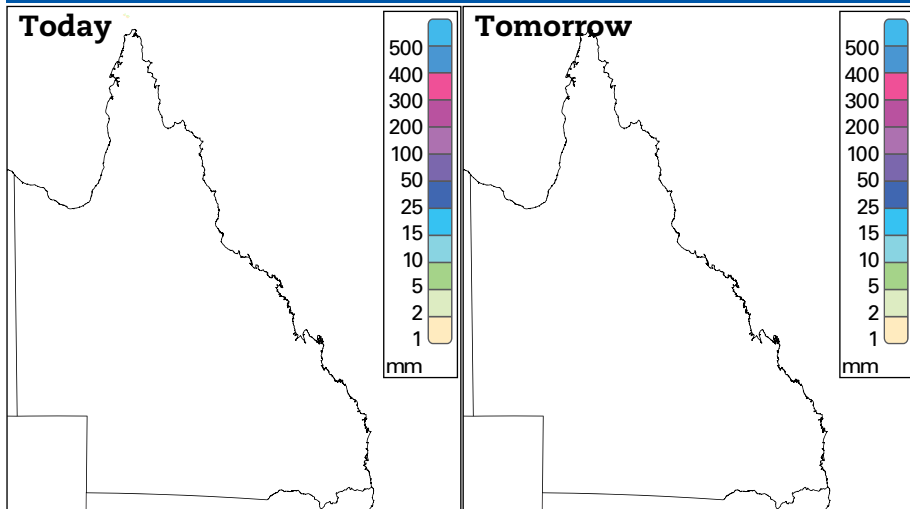
## LONGREACH FORECAST



### RAINFALL



### Forecast Rainfall

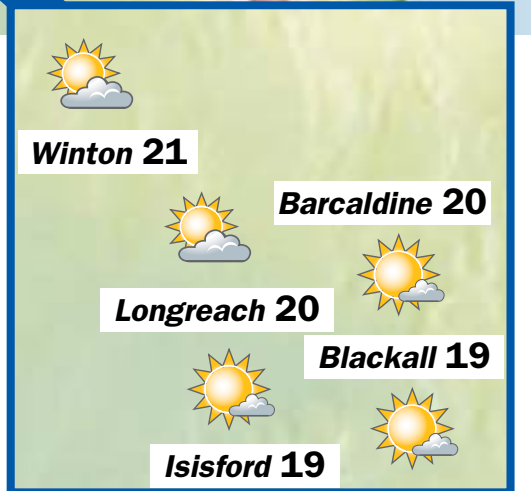


### CAPITAL CITIES

City	Condition	Max
Adelaide	Shower or two.	15
Brisbane	Mostly sunny.	21
Canberra	Morning frost. Partly cloudy.	13
Darwin	Sunny.	29
Hobart	Showers.	11
Melbourne	Showers.	13
Perth	Mostly sunny.	23
Sydney	Partly cloudy.	17

### SUN & MOON

		Sunrise	Sunset	Moonrise	Moonset
Friday		7:05am	5:51pm	12:53pm	12:56am
Saturday		7:05am	5:51pm	1:31pm	1:54am
Sunday		7:05am	5:52pm	2:15pm	2:57am
Monday		7:05am	5:52pm	3:06pm	4:03am
Tuesday		7:05am	5:52pm	4:05pm	5:13am
Wednesday		7:05am	5:53pm	5:12pm	6:22am



### THE WORLD

World conditions yesterday

City	Weather	Max	Min
Athens	fine	32	23
Auckland	windy	16	12
Bangkok	storms	36	29
Beijing	cloudy	34	22
Berlin	rain	20	13
Christchurch	showers	9	-2
Denpasar	fine	32	25
Dublin	sunny	21	12
Hong Kong	rain	30	27
Honolulu	showers	29	24
Jakarta	cloudy	31	25
Johannesburg	fine	21	7
Kuala Lumpur	fine	33	24
London	cloudy	24	17
Los Angeles	sunny	27	16
Madrid	sunny	33	20
Moscow	rain	28	16
New Delhi	rain	34	27
New York	showers	24	22
Noumea	fine	29	23
Paris	cloudy	25	16
Auckland	windy	16	12
Port Vila	cloudy	29	22
Seoul	rain	31	27
Singapore	storms	34	25
Suva	showers	29	23
Tel Aviv	fine	29	24
Tokyo	cloudy	28	24
Vancouver	showers	20	15
Wellington	fine	12	4





# Network Classifieds

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networkclassifieds.com.au

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## Trades & Services

Deadline

### Placing your classified advert is so easy...

Phone: 1300 666 808

Email: sales@networkclassifieds.com.au  
(include your name, address and phone number)

We accept payment by:

VISA/MasterCard/EFTPOS/BANK TRANSFER  
(1.5% credit card processing fee applies.)



Deadlines

Booking: 12 noon Wednesday  
Final Approval: 1pm Wednesday



## General Classifieds

Contract & Tenders



**Longreach Regional Council**  
Ilfracombe Isistord Longreach Yaraka

### EXPRESSION OF INTEREST Construction of Executive Housing

Longreach Regional Council is seeking expressions of interest from suitably qualified, licensed and experienced building contractors for the design and construction of an executive style residence in Longreach.

Reference	Closing Date	Direct Link
LRC172022 - Construction of Executive Housing	21 July, 2022 at 2pm (AEST)	<a href="https://qtenders.epw.qld.gov.au/qtenders/">https://qtenders.epw.qld.gov.au/qtenders/</a>

Council invites expressions of interest pursuant to section 228(2)(b) and 228(5) of the Local Government Regulation 2012.

Dirk Dowling  
Chief Executive Officer

PO Box 144  
Ilfracombe QLD 4727

## Employment

Positions Vacant

### JOIN OUR TEAM

RAPAD Skilling has a position vacancy...

#### ADMINISTRATION OFFICER

##### RESPONSIBILITIES OF ROLE

- Handle all client enquiries and direct to the appropriate team member.
- Assist with preparations for training delivery in consultation with Training Manager and team
- Support training staff
- Maintain accurate inhouse financial transactions
- Preparation of training resources and venues
- Data collection and presentation
- Desktop publishing
- Manage and support maintenance of electronic RTO records management system

##### POSITION SPECIFICATIONS

Successful application will have:

- Demonstrated experience using all Microsoft Office programs
- Ability to problem solve, show initiative, and work autonomously
- Demonstrated organisational skills, and ability to manage high workload, and prioritise tasks
- Excellent interpersonal skills to establish work relationships with diverse people
- Ability to quickly develop expertise in business records management system
- Ability to develop knowledge of training arrangements, procedures and compliance requirements for a Registered Training Organisation

##### EDUCATION REQUIREMENTS

Business administration qualifications are highly regarded, but not essential Applications close 5pm Sunday 17 July 2022

Please email [skilling@rapad.com.au](mailto:skilling@rapad.com.au) to request an application package

## Announcements

In Memoriam

### OSBORNE, Lola Mary

29 June 1943 - 28 June 2006

Those special memories of you will always bring a smile, If only we could have you back just for a little while, The fact that you're no longer here will always cause us pain, But you're forever in our hearts until we meet again.

Lovingly remembered by your Family.

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## General Classifieds

Contract & Tenders



### WINTON SHIRE COUNCIL TENDER: WSCT-2223-1

#### CORK MAIL ROAD CONSTRUCTION OF CONCRETE FLOODWAYS

Tenders closing 2:00pm Friday 29 July 2022 at [www.vendorpanel.com.au](http://www.vendorpanel.com.au) are invited for the Construction of Concrete Floodways on the Cork Mail Road.

Tender documents will be available to download from [www.vendorpanel.com.au](http://www.vendorpanel.com.au) on Friday 8 July 2022.

Enquiries regarding the tender should be directed to:  
Paul de Launay  
(07) 4657 2640  
[pauldl@winton.qld.gov.au](mailto:pauldl@winton.qld.gov.au)

In accordance with the provisions of the Local Government Regulation 2012, Council reserves the right to later invite all tenderers to change their tenders to take account of a change in the tender specifications. The lowest or any tender may not necessarily be accepted.

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Positions Vacant



**Longreach Regional Council**  
Ilfracombe Isistord Longreach Yaraka

### Positions Vacant

Longreach Regional Council is seeking enthusiastic people with a passion for their community to join a vibrant team in a progressive Council for the following positions.

Positions	Branch	Closing Date
Management Accountant	Longreach	13 July 2022
Plumber	Longreach	14 July 2022
Temporary Plant Operator (Loader)	Longreach	18 July 2022
Cleaner	Longreach	21 July 2022
Assistant Educator (Casual & Fulltime)	Longreach	No close date

Most Positions offer a nine day fortnight, and superannuation of up to 12% of salary is available upon commencement.

If you would like to join the Longreach Regional Council team, please contact Human Resources on (07) 4658 4111, email [hr@longreach.qld.gov.au](mailto:hr@longreach.qld.gov.au) or visit the Council website at [longreach.qld.gov.au/careers](http://longreach.qld.gov.au/careers) to download a copy of the Positions Descriptions & Information Kit.

Longreach Regional Council is an Equal Opportunity Employer

Dirk Dowling  
Chief Executive Officer

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# Lloydy's Serve

Michael Lloyd



# Aussies are serving it up

Wimbledon is well underway and the Australians are doing very well.

Ajla Tomljanovic is in the quarter-finals and will have a real shot at making the semis.

We are guaranteed an Aussie in the men's doubles, "Our Sam" Stosur is teaming up with big Matt Ebden in the mixed, and the men's singles have had a great representation into the second week.

So why are we all talking about Nick Kyrgios?

Nick is one of the most talented players on the circuit, and when he is on song and

concentrating, has one of the great games to watch.

I love that he just rocks up to the baseline and sends down a 220 km/hr serve with little to no prep, such a classic simple action, and his shot-making can be sublime.

But I can not support his antics.

I can only put it down as deliberate as he does not always do it.

It is not the cool, laid-back, I don't really care attitude that I am against—although this really irks me.

It's the spitting towards fans, the taunting

and abuse of umpires, and his lack of respect for his opponents.

This is not on and should not be encouraged at any level.

If kids are watching this and thinking, "Nick does it, so I can too", they are being given the wrong message.

As a tennis coach I encourage all kids, and adults, to watch Wimbledon.

You can not beat grass tennis, the prestige, the tradition, the white!

But please do not think you can copy Kyrgios's antics on the courts of the Central West.

Yes, let us see the underarm serves, the drop volleys and the 220km/hr thunderbolts, but let us leave the similarities at that.

I know not everyone is going to be an Ash Barty, she is one of a kind on and off the court.

Yes, we want characters in the game of tennis that attract us to watch and play not just for their game within the white lines.

However, even when the game moves from social, to competition, to a workplace, we should remember that we are good human beings and let us behave like it.

# Sandgoannas score a big upset over Blackall Magpies

From page 32



Pictures: AARON SKINN; SATISFACTION PHOTO



# Mixed pairs underway as bowlers brave the rain

It was great to see a good turnout of bowlers on Sunday and especially after the rain.

We had the mixed pairs get underway with the first three games being played.

We had young bowler Baileigh paired with the experienced Dave Ramage and they were taking on Paula Brun and Peter Anderson.

Dave and Baileigh drew first blood, but Paula and Pete squared the game on the second end before getting stuck on one shot for six ends, in which time Dave and Baileigh took their score to 10.

After 13 ends it looked like Paula and Pete were getting back into the game when six shots behind at 15-9.

They then got stuck on nine for four ends

**BOWLS BY BONES**  
**TONY EMSLIE**

just as Dave and Baileigh put the game out of reach at 20-9 with three ends remaining.

Dave and Baileigh ran out winners by 21-11 in a very good win.

We also saw Dorrie Delaney and Cisco Llewelyn up against Terry Harris and Ellen Marsland.

Terry and Ellen started great and lead until the halfway mark of the game until they were caught at seven all.

After that Dorrie and Cisco took control edging away to 17-10 and then they scored six shots on the 18th end to stretch the margin even further.

Picking up 13 shots in two ends is too hard and although Terry and Ellen tried hard they ended up losing the game by 23-16.

Dorrie and Cisco now progress to the next round.

The third game saw John Hawkes and Coral Kane against myself and Amanda.

We held a comfortable lead early on with Amanda playing the best bowls I've ever

seen her play.

But Hawkesy and Coral came back to get within two shots at 15-13 with five ends left to play.

After receiving a bomb from Amanda because of how I was playing, we knuckled down and stretched the lead again before taking the game by the score of 25-13.

In social games, we had Shaun Ryan and Pat Downing beat Patrick Casey and Cerise Woodfield by 27-9.

The other game was a triples game with Russell, Bernie and Paul going down to Bob, Sharon and Peter by 20-15.





# Alpha getting better

Last week, locals put on their best outfits for one of the largest social events in the central west - the Alpha races. Here are some of the stand-out photos. Aaron Skinn from SatisfactionPhotos was there to capture the action.











# Sandgoannas in big upset

By Michael R Williams

This week, the Barcaldine Sandgoannas managed to upset the Blackall Magpies 20-18.

Captain/ coach Mannix Hunt said while the game is not all about winning an losing, he was proud of his team's sportsmanship.

"Clean and hard footy is what makes the game," he said.

"Team spirit was there with a few old boys back.

"I think everyone on the field and the crowd enjoyed the game too."

It was a wet game, and Mr Hunt said both sides dealt with it well.

"You just need to compensate,"

"What worked for us was, mature direction, young heart, good clean footy... and a competent ref."

Finally, he added he was proud of the boys for turning up all game.

#### Wellshot Hotel Week 8 Match Results

- Barcaldine Sandgoannas v Blackall Magpies
- Barcaldine 20 defeated Blackall 18
- Longreach/Ilfacombe 32 defeated Alpha 6



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